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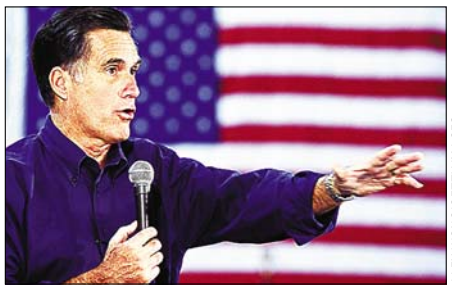
Tuesday

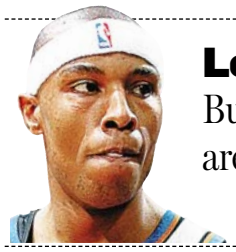


ALEX WONG/GETTY IMAGES

Mitt Romney and John McCain are tied in Florida.

The 'L' Word: Top GOP rivals trade 'liberal' barbs | 3

No Shot: Scientists work on an oral vaccine for the flu | 3



Leading Men: Butler, Jamison are Wizards' star attractions | 17

ENTERTAINMENT

High Praise: *Tilda Swinton* gets noticed by the powers that be for her role in 'Michael Clayton.' Plus, Willie Nelson isn't fazed by a bit of pop.

>> 13-16

Thousands Pack Into A.U. to See Obama

CHARLES REX ARBOGAST/AP

FULL HOUSE: Supporters of Illinois Sen. Barack Obama cheer during a rally at American University on Monday. Thousands filled Bender Arena to see Sen. Edward Kennedy endorse Obama's bid for the Democratic presidential nomination. ✤ **New legacy:** Kennedy calls Obama a worthy heir to JFK | **Page 4**

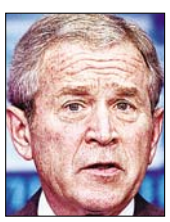
Economy at Center for Bush

In speech, president presses Congress on stimulus package

WASHINGTON | President Bush, focusing on gnawing recession fears in his final State of the Union address, said Monday that Americans are troubled about their economic future and prodded Congress to urgently approve a $150 billion rescue plan.

On Iraq, always a main topic of his annual addresses to Congress, Bush said his troop buildup is succeeding after five years of a long and costly war that has claimed the lives of 3,940 members of the U.S. military. "Al-Qaeda is on the run in Iraq, and this enemy will be defeated," Bush said in early excerpts of the speech.

With his approval rating near its all-time low and less than a year remaining in his presidency, Bush lacked the clout to push bold ideas before a hostile, Democratic-led Congress. Offering modest new plans, Bush proposed a $300 million "grants for kids" program to help poor children in struggling public schools pay for the cost of attending a private school or a better public school outside their district.



Bush

The White House urged lawmakers, particularly in the Senate, to resist any temptation to enlarge the economic-stimulus plan that he and House leaders agreed on last week. "At kitchen tables across our country, there is concern about our economic future," the president said. "In the long run, Americans can be confident about our economic growth." (AP)

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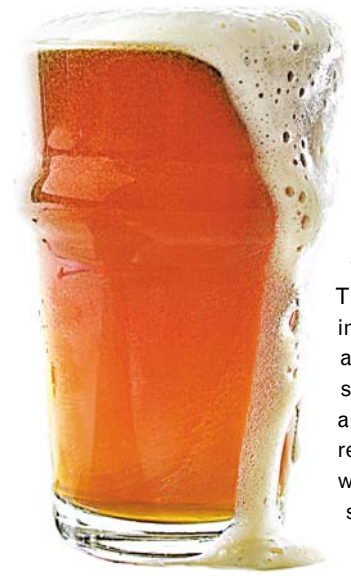
WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY	WEDNESDAY	THURSDAY
50 | 38	50 | 30	46 | 33

TODAY: Mostly cloudy with a light breeze; periods of rain at night | 34

eyeOpeners



SLURRING

Whys Lon't Swe Wove Me, Passter?

Barflies, forget having to talk your troubles over with a bartender. A pastor plans to put teams of chaplains in local bars in Carlisle, Pa., so they can lend a sympathetic ear to patrons who may need one. The chaplains won't preach against drinking or evangelize when the program starts at Market Cross Pub, organizer Chuck Kish said. "We're simply going to be there to help anybody who wants it. Sometimes people really just want somebody they can talk to who is not going to be judgmental, but be sympathetic," he said. Chaplains will work in teams, one male and one female. (AP)

FASHION

Crozier Needed to Tie Look Together

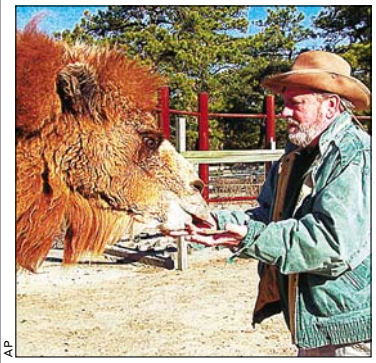
A burglar who broke into a Greek Orthodox bishop's car in Arlington, Texas, made off with quite a haul, but fencing one of the stolen items could prove difficult. Among the items stolen from Bishop Metropolitan Isaiah's car was a jeweled crown of gold and silver, which Isaiah estimated to be worth between $6,000 and $10,000. The burglar also made off with a copy of the New Testament, a veil, a cellphone and a black fabric bag. The bag had special meaning to the ex-Marine because it was given to him years ago by the widow of a fellow Marine. Isaiah offered a reward of at least $1,000 if the crown is returned without damage. "I feel lost without it," he said. (AP)

CARL DE SOUZA/AFP/GETTY IMAGES

ANALOGIES

Rats Are to Maze ...

The biannual Tough Guy challenge, in Staffordshire, England, requires thousands to navigate through a grueling set of 21 obstacles including water, fire and tunnels after a lengthy run at the start. There was apparently also a great deal of mud on Sunday, giving the whole event a more trailer-park appeal than the organizers were no doubt going for. (EXPRESS)



AP

Princess is a hungry, smelly psychic.

ODDS

Mob Takes Note, Gets Spat On

The New York Giants have what it takes to get them over the hump in next week's Super Bowl. At least, that's according to a pigskin-picking camel named Princess who has chosen Big Blue to triumph over the New England Patriots. The Lacey, N.J., animal's picks are nothing to spit at: Princess went 11-6 during the regular season and is 8-out-of-10 in the playoffs this year. Her prognostication skills flow from her love of graham crackers. Her keeper will choose a game at random during the regular season, place a cracker in each hand, and use a permanent marker to scrawl the name of a competing team on each hand. (AP)

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BITTER PILL: Cough and cold medicines send about 7,000 children to hospital emergency rooms each year, the U.S. government said Monday in its first national estimate of the problem. The study included over-the-counter and prescription medicines.

Nation

In Brief

CHICAGO

Judge Revokes Indicted Fundraiser Rezko's Bond

A judge revoked the $2 million bond Monday for indicted businessman Antoin "Tony" Rezko, who has raised thousands of dollars for Barack Obama and Illinois politicians. U.S. District Judge Amy J. St. Eve said she grew concerned after learning Rezko received $3.5 million from a company in Lebanon; he had claimed that he had no income. St. Eve said she feared Rezko could be a flight risk. Rezko has pleaded not guilty to charges of fraud, attempted extortion and money laundering, and is scheduled to stand trial Feb. 25. (AP)

Rezko

DETROIT

Mayor's Aide Resigns After Text Messages Revealed

Detroit Mayor Kwame Kilpatrick's chief of staff said Monday she is resigning amid allegations that she and the mayor lied under oath about an affair. In a letter to Kilpatrick, Christine Beatty said she believes she can no longer effectively carry out her duties. A prosecutor launched an investigation last week into the perjury allegations, which came to light when the Detroit Free Press reported details of steamy text messages between Beatty and Kilpatrick. (AP)

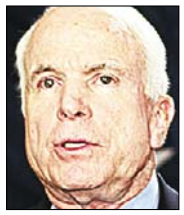
'Liberal' Accusations Made in Fla.

McCain, Romney try to paint themselves as true conservatives

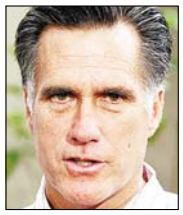
JACKSONVILLE, FLA. | Mitt Romney and John McCain accused each other Monday of being liberals, a charge tantamount to blasphemy in the caustic campaign for the Republican presidential nomination.

vote '08

One day before the crucial Florida primary, Romney lambasted the Arizona senator for a host of "liberal answers" to the country's problems. Among them: McCain's legislation curbing money in politics, his more forgiving view of illegal immigrants and his backing of an energy bill that Romney said would raise consumer costs.



McCain



Romney

"And I just don't think those liberal answers are what America is looking for, not for the Republican Party or for any party, for that matter," Romney said.

McCain accused Romney of "wholesale deception of voters" and of flip-flopping on the issues.

"On every one of the issues he has attacked us on, Mitt Romney was for it before he was against it," McCain said.

He added, "The truth is, Mitt Romney was a liberal governor of Massachusetts who raised taxes, imposed with Ted Kennedy a big government mandate health care plan that is now a quarter of a billion dollars in the red, and managed his state's economy incompetently, leaving Massachusetts with less job growth than 46 other states."

Acrimony has replaced the recent civility of the GOP race as the candidates pin their hopes on Florida's primary and then a weeklong sprint to 20-plus states and more than 1,000 delegates at stake on Feb. 5. The latest Florida polls have McCain and Romney essentially tied, with Rudy Giuliani and Mike Huckabee also on the ballot. LIBBY QUAID (AP)

PROVO, UTAH | MOURNING A LOST LEADER

GEORGE FREY/AP

A PRESIDENT'S LEGACY: Brigham Young University student Thomas Richardson pays his respects to Gordon Hinckley, the 97-year-old leader of the Mormon church who died on Sunday of medical complications. Hinckley, a grandson of Mormon pioneers, led the church for nearly 13 years and oversaw one of the greatest periods of expansion in its history.

Scientists Hope Mouth Vaccine Will Lick the Flu

WASHINGTON | Relief may be on the way for all those youngsters trembling at the thought of another needle jab. One day, the flu vaccine may simply be placed, in drops, under the tongue. Korean researchers say the new vaccine worked in mice, avoiding not only the painful prick but also the discomfort some people feel from the inhaled vaccine.

The team, led by Dr. Mi-Na Kweon of the International Vaccine Institute in Seoul, reported their findings in Monday's online edition of Proceedings of the National Academy of Sciences. They hope to test the technique on humans next. (AP)

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Nation

70 | **The amount, in billions of dollars,** the White House wants Congress to authorize for the wars in Iraq and Afghanistan, an amount that would help cover operational costs only until early next year, when the next administration takes over.

Kennedys to Campaign for Obama

Three members of powerful family back senator at D.C. rally

EVAN VUCCI/AP

Sen. Barack Obama, D-Ill., left, stands with Sen. Ted Kennedy, D-Mass., during a rally on Monday at American University.

WASHINGTON | Summoning memories of his slain brother, Sen. Edward M. Kennedy led two generations of the First Family of Democratic politics Monday in endorsing Barack Obama for the White House, declaring, "I feel change is in the air."

Obama is a man of rare "grit and grace," Kennedy said in remarks salted with scarcely veiled criticism of Sen. Hillary Clinton and her husband, the former president.

Obama beamed as first Rhode Island Rep. Patrick Kennedy, then Caroline Kennedy, and finally the country's best known liberal took turns bestowing their praise. "Today isn't just about politics for me. It's personal," Obama told a boisterous crowd packed into the American University basketball arena.

It was also about politics, though, and a rapidly approaching set of primaries and caucuses across more than 20 states on Feb. 5, with more than 1,600 delegates at stake.

Kennedy is expected to campaign actively for Obama beginning later this week, beginning in Arizona, New Mexico and California. Caroline Kennedy, the daughter of John Kennedy, who was assassinated in 1963, will also make campaign appearances, officials said.

Kennedy usually refers only sparingly to his assassinated brothers, John and Robert, in his public remarks, and his endorsement of Obama was cast in terms that aides said were unusually personal.

"I believe that a wave of change is moving across America," Kennedy said. DAVID ESPO (AP)

SPENCER PLATT/GETTY IMAGES

Sen. Hillary Clinton speaks during a rally on Monday in Hartford, Conn.

Sen. Clinton Focuses on President

HARTFORD, CONN. | Hillary Rodham Clinton relegated her chief Democratic rival to the rhetorical sidelines Monday and focused her criticism on President Bush, saying he had lost touch with the concerns of an anxious public.

In a speech to more than 1,000 people jammed in a gymnasium, Clinton did not refer to the fight with Barack Obama for the Democratic presidential nomination. Her audience, which included an equal number listening in an adjoining room, roared with approval when the former first lady took note of the Republican president's dwindling time in office.

"Tonight is a red-letter night in American history," she said. "It is the last time George Bush will give the State of the Union. Next year it will be a Democratic president giving it." MIKE GLOVER (AP)

HEARSAY | ESCAPE

"If the corrections officers on that [prison] unit had done their job, there would have been no escape."

—**THEODORE ROMANKOW**, UNION COUNTY, N.J., PROSECUTOR. HE SAYS TWO PRISONERS ESCAPED FROM A N.J. PRISON BECAUSE THE GUARDS DID NOT SEARCH THE CELLS.

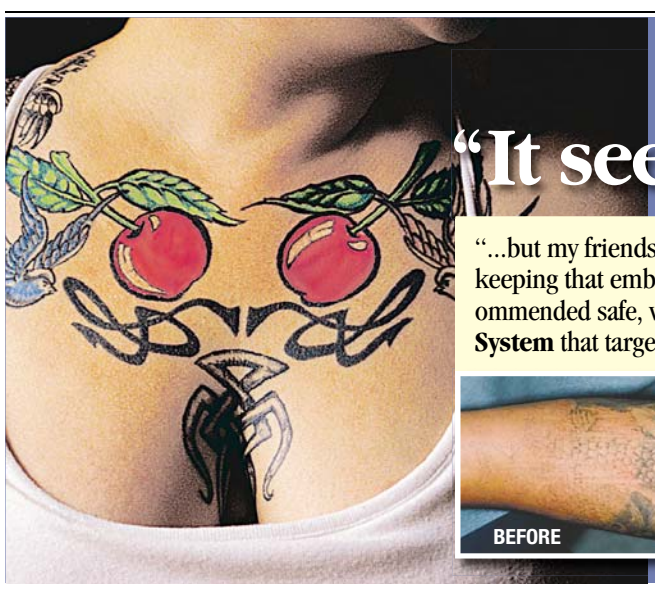
N.Y. Archivist Accused of eBay Heist

Authorities say man auctioned artifacts to pay household bills

NEW YORK | A state archivist was charged Monday with stealing hundreds of artifacts — documents representing "the heritage of all Americans," according to the history buff who found some of them on eBay — to pay his household bills.

Daniel Lorello, 54, is accused of taking the rare items from the New York State Library, including Davy Crockett Almanacs, Currier and Ives lithographs and the 1865 railroad timetable for Abraham Lincoln's funeral train. Authorities believe he hawked them for tens of thousands of dollars, using much of that to pay off his daughter's credit card debt.

Lorello, an archives and records management specialist in the New York Department of Education, pleaded not guilty Monday to charges of grand larceny, criminal possession of stolen property and scheme to defraud. CLARE TRAPASSO (AP)



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FRENCH HISS: French President Nicolas Sarkozy has threatened to sue the airline Ryanair for publishing a photo of him and girlfriend Carla Bruni in an ad, a spokesman said Monday. In the ad, a caption next to Bruni says, "With Ryanair, all my family can come to my wedding."

World

MILOS BICANSKI/GETTY IMAGES

A man kisses the head of Archbishop Christodoulos in Athens on Monday.

Archbishop Is Mourned In Greece

Christodoulos, 69, was credited with reviving the Orthodox Church

ATHENS, GREECE | Hundreds of mourners, many sobbing, gathered Monday at Athens' cathedral to file past the remains of Archbishop Christodoulos, the first leader of Greece's powerful Orthodox Church to welcome a Catholic pope to Athens in 1,300 years.

The charismatic cleric was often named Greece's most popular public figure but was also criticized as an ambitious reactionary. He died at his home in Athens on Monday at age 69 of cancer, leaving the race for his succession wide open.

Christodoulos has been credited with reinvigorating the Greek Orthodox Church in a country where most of the native-born population is baptized into it.

The Greek government declared four days of mourning, culminating in a funeral in Athens Thursday. ELENA BECATOROS (AP)

HEARSAY | KENYA

"The road is covered in blood. It's chaos. Luos are hunting Kikuyus for revenge."

—BARAKA KARAMA
KENYAN JOURNALIST, ON THE ETHNIC VIOLENCE BETWEEN PRES. MWAI KIBAKI'S KIKUYU TRIBE AND OPPOSITION LEADER RAILA ODINGA'S LUO TRIBE THAT HAS KILLED MORE THAN 800 PEOPLE, ON MONDAY.

5 U.S. Troops Killed in Iraq

Insurgents blast patrol with roadside bomb, gunfire in Mosul

BAGHDAD | In a daring ambush, insurgents blasted a U.S. patrol with a roadside bomb Monday and showered survivors with gunfire from a mosque in increasingly lawless Mosul. Five American soldiers were killed in the explosion — even as Iraqi troops moved into Mosul to challenge al-Qaeda in Iraq.

Iraqi reinforcements, along with helicopters, tanks and armored vehicles, converged on Mosul for what Prime Minister Nouri al-Maliki pledged would be a decisive battle against al-Qaeda in its last major urban stronghold.

The attack on the U.S. patrol — the deadliest on American forces since six soldiers perished Jan. 9 in a booby-trapped house north of Baghdad — raised the Pentagon's January death count to at least 36.

The toll so far is 56 percent higher than December's 23 U.S. military deaths and marks the first monthly increase since August. But the figures are still below monthly death tolls of more than 100 last spring.

The unrest in Mosul stands in sharp relief to a significant decline in bloodshed most elsewhere in Iraq in recent months. The relative calm has been credited to a U.S.-led security crackdown — along with a Sunni revolt against al-Qaeda and a cease-fire order by radical Shiite cleric Muqtada al-Sadr for his powerful Mahdi Army militia.

But influential members of al-Sadr's movement said Monday they have urged the cleric to call off the six-month cease-fire when it expires in February. KIM GAMEL (AP)

MAHMUD HAMS/AFP/GETTY IMAGES

Egyptian soldiers install a wire fence to repair a damaged section of the barrier between the Gaza Strip and Egypt on Monday.

Egypt, Hamas Attempt Wall Repairs

Workers from both sides of breached Gaza barrier fix one opening

RAFAH, EGYPT | Hamas militants joined Egyptian forces for a second day Monday in trying to restore control at three breaches in the Gaza border, building a chain-link fence to seal off one opening and directing traffic at two others.

Hundreds of thousands of Palestinians have flooded into Egypt unchecked over the past six days since Hamas militants blasted holes in the border partition. They have been voraciously buying up food, fuel and other goods made scarce by Israeli and Egyptian closures of Gaza's borders.

Hamas seized control of the Palestinian territory in June but before the breach, it had no role in policing the border with Egypt. Now the Islamic militant group is hoping that will change, and it is pressing for some kind of future role in border administration.

At a meeting in Cairo, Arab governments were forceful in their opposition to that idea.

Egypt and the foreign ministers of the Arab League have firmly backed the Palestinian Authority, led by moderate President Mahmoud Abbas of Fatah, in its power struggle against Hamas. They called for a return to a 2005 international border monitoring pact that excluded the Islamist organization entirely.

"They [Hamas] should not interfere. They should just simply get out of the way and allow this to happen," said Palestinian Prime Minister Salam Fayyad, who heads a rival government in the West Bank. OMAR SINAN (AP)

In Brief

BANGKOK, THAILAND

Politician Sympathetic to Thaksin Is Elected Premier

Samak Sundaravej, a veteran politician representing ex-Prime Minister Thaksin Shinawatra's interests, was chosen as premier Monday, a move that could put him on a collision course with the military that ousted Thaksin in a 2006 coup. Sundaravej, 72, easily beat the Democrat party candidate 310-163. (AP)

Sundaravej

CRETEIL, FRANCE

Court Sentences Charity Workers to 8 Years in Prison

A court sentenced six French charity workers from the aid group Zoe's Ark to eight years in prison in France on Monday, after they were convicted in Chad of trying to kidnap 103 children they said were orphans from Darfur. The six were sentenced in the central African country in December to eight years of hard labor, then transferred to France under a 1976 judicial accord between the two countries. (AP)

MADRID, SPAIN

Suspect in 2004 Bombings To Be Tried in Morocco

A suspect in the 2004 Madrid train bombings that killed 191 people has been arrested in Morocco and will be tried there, judiciary officials said Monday. Abdelilah Hriz was detained Sunday by Moroccan authorities. Spain and Morocco do not have an extradition treaty, but a new legal agreement allows Moroccan courts to try suspects on charges drawn up by Spanish courts, a spokeswoman said. (AP)

JAKARTA, INDONESIA

Indonesia Records 100th Human Death from Bird Flu

Indonesia, the nation hardest hit by bird flu, has recorded its 100th human death as the virus spreads across Asia. The H5N1 bird flu virus killed a 9-year-old boy Sunday, said Joko Suyono of the National Bird Flu Center. A 20-year-old woman also died recently of the virus. (AP)

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World

Pakistan Captives Released Unhurt

Dozens are held for 5 hours; authorities let captors flee the area

PESHAWAR, PAKISTAN | Gunmen held dozens of students and teachers hostage for five hours at a school in northwestern Pakistan Monday, but authorities allowed the captors to flee without punishment to avoid bloodshed, a tribal negotiator said.

None of the hostages was hurt.

Kidnapping for ransom is common in Pakistan, particularly in the northwest, and police said the gunmen were criminals seeking profit rather than militants.

The mounting violence has contributed to the growing unpopularity of President Pervez Musharraf, who was on his last stop of a European tour Monday. Musharraf played down the kidnapping, calling it "incidental."

Police said the half-dozen gunmen seized the school near the town of Bannu after a botched attempt to kidnap a health chief from a neighboring district.

Police had given chase, sparking a firefight in which one gunman died and a policeman was wounded. The health official and two relatives abducted with him were freed.

The gunmen took refuge inside the school and threatened to kill the children, teachers and themselves if anyone attacked. So tribal elders started negotiations while armed villagers and security forces stood guard outside, said Shah Abdul Aziz, one of the negotiators.

In return for releasing the captives, the gunmen were given safe passage and left for an unknown destination, he said.

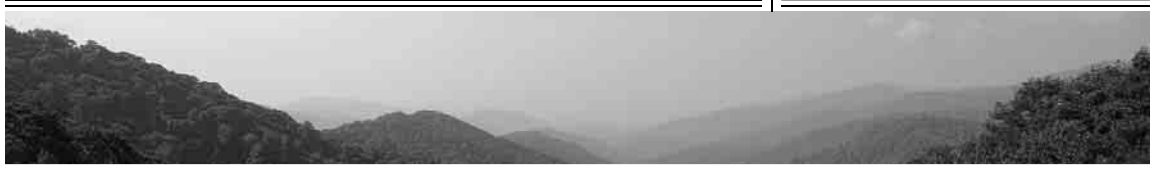
There was conflicting information about the hostages. Aziz said there were 315 children and 10 teachers.

But a local police chief said there had been only 25 children and seven teachers. RIAZ KHAN (AP)

SHANGHAI, CHINA | WEATHER WOES

MARK RALSTON/AFP/GETTY IMAGES

UNWELCOME SNOW DAY: Travelers wait in Shanghai's Hongqiao Airport Monday after snowstorms delayed flights. Hundreds of thousands of people hoping to leave for the Chinese New Year that starts Feb. 7 were stranded.



MOUNTAIN GETAWAYS
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These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in costly fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to: www.montgomerycountymd.gov/recycling.

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Local

Md. Hospital Fix Sought

Pr. George's official says partnership will help save health center

BLADENSBURG, MD. | Prince George's County Executive Jack Johnson said Monday he is expecting a proposal "very shortly" from an unnamed health care entity to form a partnership with the county and the state to preserve the financially troubled Prince George's Hospital Center.

Johnson declined to mention the name of the group when talking to reporters before touring Bladensburg High School with Gov. Martin O'Malley, where the two men talked about the importance of school construction funding.

"The county council and I have negotiated an agreement with someone, and they're in the final phase of putting all the little pieces together, and so we're just waiting for that group," Johnson said.

Johnson

If an agreement is reached, Johnson said, the plan will be brought to the General Assembly so that the state "will be a partner with us."

Johnson declined to provide financial details.

"They have not mentioned the numbers, but the number is going to be big, of course," Johnson said. "Health care is expensive."

O'Malley had hoped to create a partnership between the state and the county last year, but the plan fell apart in April in the final hours of the General Assembly's session. O'Malley has called saving the hospital "a top priority."

In the last regular session, O'Malley wanted to create a new hospital authority to run the hospital system. Under that $329 million proposal, the state would have contributed $158.7 million, and the county would have been responsible for $170.3 million. The medical network includes Prince George's Hospital Center and two smaller hospitals, Laurel Regional Hospital and Bowie Health Campus. (AP)

WASHINGTON | TAI SHAN UNDERGOES PHYSICAL

MEHGAN MURPHY/SMITHSONIAN'S NATIONAL ZOO

PANDA PRODDING: Tai Shan, the 2 1/2-year-old giant panda at the Smithsonian's National Zoo, underwent his first comprehensive physical exam on Thursday. Zoo veterinarians say Tai Shan is in excellent health.

Va. Firearm Bill Reconsideration Attempt Fails

RICHMOND, VA. | An effort to resuscitate seemingly dead legislation to prevent criminals and the mentally ill from buying firearms at gun shows was killed Monday, but the senator behind the push said he isn't finished fighting for it.

Sen. John Edwards attempted to bring the issue back before the Senate Courts of Justice Committee that voted 9-6 last week to reject legislation to close the so-called gun-show loophole, which allows private owners to sell firearms at gun shows without conducting background checks that licensed dealers are required to perform.

Edwards' motion to reconsider failed 3-10. Afterward, Edwards said he thought legislators were simply sick of debating the issue, which has come before the General Assembly several times but gained new urgency this year. (AP)

The Lotteries

Monday, Jan. 28

DISTRICT

Mid-day Lucky Numbers	1-2-6
Mid-day DC 4	8-3-7-0

MARYLAND

Mid-day Pick 3	7-7-8
Mid-day Pick 4	0-9-6-3

VIRGINIA

Mid-day Pick 3	7-8-9
Evening Pick 3 (Sun.)	6-7-9
Mid-day Pick 4	7-2-1-6
Evening Pick 4 (Sun.)	6-2-2-9
Mid-day Cash 5	9-14-21-27-32
Evening Cash 5 (Sun.)	2-6-8-15-18

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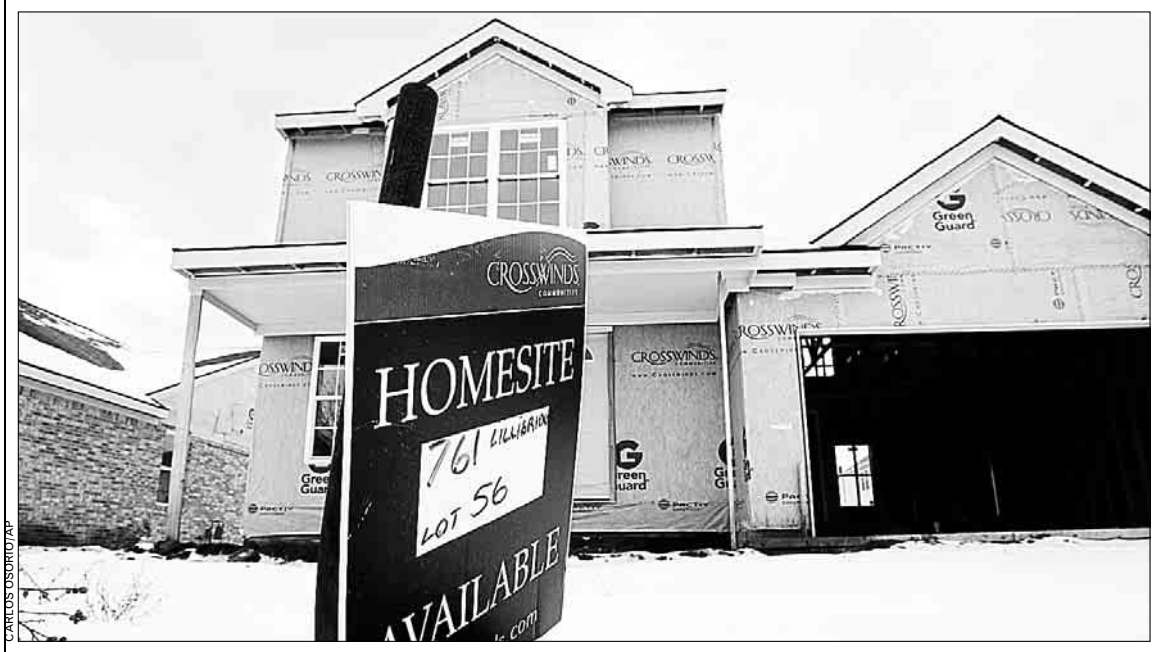

CARLOS OSORIO/AP

A new house under construction is seen at the Crosswinds Community in Detroit. New home sales are falling across the U.S.

New Home Sales Plummet

Government reports drop of 26.4 percent, the largest on record

WASHINGTON | New home sales plunged in 2007 by the largest amount on record while home prices tumbled sharply in December. Analysts forecast more trouble in 2008 as housing tries to emerge from its worst slump in more than two decades.

The Commerce Department reported Monday that sales of new homes dropped by 26.4 percent last year to 774,000. That marked the biggest decline on record, surpassing a 23.1 percent plunge in 1980.

The government reported that the median price of a new home barely budged last year, edging up a slight 0.2 percent to $246,900, the poorest showing since prices fell 2.4 percent during the 1991 housing downturn.

And the slump in sales and prices appeared to be worsening at year's end. December sales fell by 4.7 percent, a bigger-than-expected drop. The median price of a home fell by 10.4 percent last month, when compared to December 2006, the biggest 12-month decline in 37 years.

"It looks like the floor fell out of the housing market in December," said Mark Zandi, chief economist at Moody's Economy.com. He said the current slump could end up being the worst in the post-World War II period. MARTIN CRUTSINGER (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Landrys	20.45	+3.78	+22.7
BeazrHm lf	8.81	+1.60	+22.2
HovnanE	8.78	+1.49	+20.4
FlagstarB	8.97	+1.41	+18.7
Kellwood	20.30	+3.20	+18.7

Losers

AlliData	42.48	-23.12	-35.2
Systemax	13.52	-2.07	-13.3
Omnova	3.96	-.33	-7.7
EnerSys	22.13	-1.68	-7.1
ClearChan	31.42	-2.38	-7.0

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ClevBioL	4.49	+1.07	+31.3
TransAct	4.70	+1.03	+28.1
PathBcp	12.50	+2.72	+27.8
Amerityre	2.01	+.42	+26.4
Iomai	.93	+.05	+5.7

Losers

MercadoL n	42.60	-11.46	-21.2
SterlingBks	5.02	-1.35	-21.2
CeragonN	8.58	-1.75	-16.9
Proxymed	2.27	-.46	-16.8
OpexaTher	2.30	-.46	-16.7

DOW	NASDAQ	S&P 500
+176.72	+23.71	+23.35
+1.45	+1.02	+1.75
12383.89	2349.91	1353.96

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	47.86	-.28	+3.1
Amylin	32.71	+.25	-11.6
BiogenIdc	58.13	-.79	+2.1
BioMarin	36.51	+1.28	+3.1
Celgene	53.98	+2.51	+16.8
ChRvLab	63.30	+.49	-3.8
GenProbe	57.15	+1.54	-9.2
Genentch	68.84	+1.05	+2.6
Genzyme	75.12	+1.45	+.9
GileadSci s	43.00	-.07	-6.5
Illumina	65.16	+.94	+10.0
Imclone	42.61	-.44	-.9
Invitrogn	86.44	-.21	-7.5
MillPhar	15.16	+.51	+1.2
QIAGEN	20.01	+.51	-4.9

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	6.50	7.25
Fed Funds close	3.44	4.12
3-month disc	2.335	2.79
2-year	2.17	2.33
10-year	3.58	3.64
30-year	4.28	4.12

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5040	.5047	.5105
Canadian Dollar	1.0045	1.0059	1.1805
European Euro	.6767	.6815	.7746
Japanese Yen	106.83	107.00	121.58
Mexican Peso	10.8770	10.8953	11.0593
Taiwanese Dollar	32.33	32.31	32.96

UNEARTH YOUR VINTAGE T-SHIRT: Led Zeppelin guitarist Jimmy Page said Monday he would like the band to attempt a world tour, after the success of the reunion concert he, Robert Plant and John Paul Jones put on in London last month.

Entertainment

MARK MAINZ/GETTY IMAGES

TRIO OF NODS: Tilda Swinton received Oscar, SAG Award and Golden Globe nominations for her role in "Michael Clayton."

Tongue Twisters

Swinton vents about legal jargon, raves about action figures

Q&A | With her red hair, emerald eyes and otherworldly look, the enigmatic Tilda Swinton is not your run-of-the-mill actor. Swinton won over American audiences playing the gender-blending title role in 1992's "Orlando." Now, she has earned Oscar, Golden Globe and SAG Award nominations for her portrayal of "Michael Clayton's" sociopathic conformist Karen Crowder, the in-house chief counsel for an agrochemical company who makes ghastly arrangements to secure her company's success in a billion-dollar lawsuit.

How does it feel to have been nominated for [an Oscar,] a Golden Globe and a SAG Award for "Michael Clayton"?

Any nomination is good for the future. Financiers are very superstitious, and they have a fantasy of a Midas touch. It might make making independent films easier, to have these tiny bits of material stuck to your lapel. It's a good thing. It feels to me, as an observer, that when performers are nominated for things that it's really writers that are being honored, because parts are written and, especially with a film like "Michael Clayton," [writer-director] Tony Gilroy gave us such opportunities to play that.

Since we last spoke to you, "The Chronicles of Narnia" came out and you are an action figure now, which is a pinnacle for any performer.

I am an action figure! There's no Ella from "Young Adam" action figure. I don't know whether there's gong to be a Karen Crowder from "Michael Clayton" action figure, but we live in hope. It's so great. I've been an action figure twice, though. I'm an action figure for [the angel Gabriel in] "Constantine" as well. I played the epitome of good and the epitome of all evil in one year.

What was the biggest challenge of playing Karen?

I suppose the hardest thing for me was believing that anybody talked like that and really understood it. I always find it very difficult to learn my lines until I'm on, like, take 13, certainly until I'm moving around the space. But that jargon — I find it so hard to believe that anybody understands it, but they do. I was in a platform in the underground in New York City not that long ago, and I was standing beside a couple who were coming back from work, and they were straight out of "Michael Clayton" and they were talking this stuff. It's, like, beyond Chinese [to me].

CASSIE CARPENTER (BACK STAGE WEST)

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The Mars Volta's masterful album will leave you speechless

MUSIC | Words do no justice to the Mars Volta.

Returning with another genre-bending concept piece on their fourth long-player, "The Bedlam in Goliath," the Mars Volta remain a testament to the idea that hearing is believing.

This is not so much a band as a creative trust between guitarist-arranger Omar Rodriguez-Lopez and lyricist-vocalist Cedric Bixler-Zavala, who team with an array of musicians, including Red Hot Chili Peppers guitarist John Frusciante, to bring their collaborations to life.

On "The Bedlam in Goliath," the concept revolves around an Ouija-like spirit board the duo toyed with and began to cull ideas from, including song titles, lyrics and the story arc of saints and sinners.

SEBASTIAN ARTZ

Bixler-Zavala and Rodriguez-Lopez are one musical voice in two bodies.

The wildly prolific Rodriguez-Lopez is nothing if not a guitar wizard, churning out blazing riffs and a space rock atmosphere while Bixler-Zavala brings his wonderfully artful and at times incomprehensible lyrics to life with scorching wails.

"Soothsayer," "Ilyena," "Goliath" and "Cavalettas" boast more ambition alone than most discs, and that only begins to scratch the surface of the complex arrangements that remain tightly harnessed.

JOHN KOSIK (AP)

Today's Top Stops

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ROBERT KLEIN

King of Comedy

1 Seeing Robert Klein live is so much more than an evening of laughs (well, it is that, too). It's watching a master of his craft at work; comedy legends like Jerry Seinfeld cite Klein as an influence, which makes him some sort of humor deity in our book. D.C.'s very own up-and-coming comedian Erin Jackson takes the stage first.

→ *The Improv, 1140 Connecticut Ave. NW; 8:30 p.m., $20; 202-296-7008. (Farragut North)*

LAVANYA RAMANATHAN

HEJ HEJ

Songs of the North

2 Craving a night of good old Scandanavian pop-rock? We know the feeling. Never fear: Hej Hej (said Hey Hey) with DJs Natalya and Melissa celebrates one year at Saint-Ex this evening. That means drink deals and all the Swedish, Finnish and Icelandic jams your Nordic little heart desires.

→ *Cafe Saint-Ex, 1847 14th St. NW; 10 p.m., free; 202-265-7839. (U St.-Cardozo)*

KITSUNE ENSEMBLE

Taste of Japan

3 This New York-based chamber group shares music inspired by Japanese cultural, historical and artistic themes on Millennium Stage.

→ *Millennium Stage, Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom-GWU)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment

BUNCHA LOOKERS: Marion Cotillard, who was nominated for an Oscar for her star turn as Edith Piaf in "La Vie en Rose," is in negotiations to join Johnny Depp and Christian Bale in the Depression-era crime drama "Public Enemies."

Pop Goes the Willie

Mainstream influence fails to sabotage Nelson's greatness

MUSIC | Willie Nelson can do anything.

He has always stood in opposition to the glossy Nashville sound of country music, but he occasionally returns to its embrace as if drawn by some strange gravity.

On his latest release, "Moment of Forever," the big-city pop sound is applied by co-producers Buddy Cannon and Kenny Chesney.

Nelson has done albums with a series of celebrity producers over the past decade, providing his usual mix of brokenhearted ballads, sly novelties and one-sided discussions with God. While Nelson remains a singular and iconic voice at 74, those he enlists don't always understand how to present the genre's master songwriter.

The album's opener, "Over You Again," is a fine example. It begins sedately with slide guitar pushing along Nelson's familiar strum, a little bright piano. Instruments are added, the volume rises, a chorus of polished voices enters the room and, eventually, Nelson is lost in all the traffic. And another beautiful scattergun guitar solo from Nelson is completely wiped away in the mix.

And we could've done without the brassy horns on "Takin' on Water" and Nelson's take on Dylan's gospel dalliance, "Gotta Serve Somebody."

COURTESY WOLF TRAP

DOES NO WRONG: Even when working with Kenny Chesney, Nelson stays sharp.

But, as usual, Nelson invites you in to sit down for an hour of good times. He's warm and engaging, as always, and his albums arrive like phone calls from lifelong friends.

Of his three originals, "Over You Again," stands out. And he uses his unmatched interpretive skills to spin off engaging covers of Dave Matthews' "Gravedigger" and Randy Newman's "Louisiana," which becomes a Hurricane Katrina remembrance in his hands.

The obligatory duet with Chesney, "Worry B Gone," is charming, and Nelson moves into amusingly absurdist territory with "Bob," an engaging ditty about a pirate written by Kenny Alphin of Big & Rich.

CHRIS TALBOTT (AP)

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RAMBO (R) - ID REQ'D (1200 230) 500 730 1000
OC: MAD MONEY (PG-13) (235) 1020
MAD MONEY (PG-13) (1205) 510 750
CLOVERFIELD (PG-13) (1150 1245 200) 330 450 640 735 930 1035
27 DRESSES (PG-13) (1230) 345 720 910 1010
FIRST SUNDAY (PG-13) (1220 250) 540 815 1040
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SWEENEY TODD (R) - ID REQ'D 340 940
NATIONAL TREASURE: BOOK OF SECRETS (PG) (115) 415 710 1005
ALVIN AND THE CHIPMUNKS (PG) (1155 215) 430 650

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27 DRESSES (PG-13) (120 200 405 445) 650 730 935 1015
FIRST SUNDAY (PG-13) (205 440) 720 955
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (115) PM
THERE WILL BE BLOOD (R) - ID REQ'D (1240 415) 800
SWEENEY TODD (R) - ID REQ'D (340) 640 940
ATONEMENT (R) - ID REQ'D (320) 620 925
JUNO (PG-13) (110 355) 630 905
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UNTRACEABLE (R) - ID REQ'D (200 430) 715 945
CLOVERFIELD - DP (PG-13) (115 315 515) 730 945
CLOVERFIELD (PG-13) (415) 630 830 1030
MAD MONEY (PG-13) (145 430) 700 930
27 DRESSES (PG-13) (145 445) 715 1000
FIRST SUNDAY (PG-13) (130 400) 630 845 1020
BUCKET LIST (PG-13) (230 500) 745 1015
THE GREAT DEBATERS (PG-13) (100 345) 645 930
NATIONAL TREASURE: BOOK OF SECRETS (PG) (130 415) 700 1000
ALVIN AND THE CHIPMUNKS (PG) (300 515) 730
JUNO (PG-13) (215 445) 800 1030
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MEET THE SPARTANS (PG-13) (230 445) 700 915
UNTRACEABLE (R) - ID REQ'D (200 430) 730 1000
RAMBO (R) - ID REQ'D (100 315 530) 745 1010
MAD MONEY (PG-13) (130 400) 745 1015
CLOVERFIELD (PG-13) (120 345) 610 815 1020
27 DRESSES (PG-13) (200 430) 715 945
BUCKET LIST (PG-13) (230 500) 730 1000
THE GREAT DEBATERS (PG-13) (100 400) 700 950
CHARLIE WILSON'S WAR (R) - ID REQ'D (245 515) 800 1020
NATIONAL TREASURE: BOOK OF SECRETS (PG) (115 415) 715 1010

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MEET THE SPARTANS (PG-13) (150 410) 650 910
UNTRACEABLE (R) - ID REQ'D (205 440) 730 1010
THE KITE RUNNER (PG-13) (1250) 645
27 DRESSES - DP (PG-13) (135 420) 710 1000
27 DRESSES (PG-13) 630 920
CLOVERFIELD (PG-13) (100 140 320 400 540) 640 820 900 1040
OC: MAD MONEY (PG-13) (445) 1015
MAD MONEY (PG-13) (210) 735
MICHAEL CLAYTON (R) - ID REQ'D (1240 340) 705 1005
FIRST SUNDAY (PG-13) (110 345) 620 855
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (240) PM
BUCKET LIST (PG-13) (120 355) 635 905
THE GREAT DEBATERS (PG-13) (350) 945
CHARLIE WILSON'S WAR (R) - ID REQ'D (500) 740 1020
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UNTRACEABLE (R) - ID REQ'D (1150 220 500) 730 1015
RAMBO (R) - ID REQ'D (1230 130 250 350 510) 610 740 840 1020
OC: MAD MONEY (PG-13) (400) 930
27 DRESSES - DP (PG-13) (1220 300 530) 800 1035
MAD MONEY (PG-13) (140) 645
CLOVERFIELD (PG-13) (1210 110 240 340 450 550) 720 820 950 1030
27 DRESSES (PG-13) (200 430) 700 955
FIRST SUNDAY (PG-13) (1215 230 545) 810 1030
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1240 245 520)
THERE WILL BE BLOOD (R) - ID REQ'D (100 445) 830
BUCKET LIST (PG-13) (115 345) 630 900
THE WATER HORSE: LEGEND OF THE DEEP (PG) (1140) AM
CHARLIE WILSON'S WAR (R) - ID REQ'D (1250) PM
SWEENEY TODD (R) - ID REQ'D 745 1025
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1200 315) 620 915
ALVIN AND THE CHIPMUNKS (PG) (1155 215 440) 655
I AM LEGEND (PG-13) 910 PM
ATONEMENT (R) - ID REQ'D (1245 330) 635 935
JUNO (PG-13) (1135 150 410) 650 920
ENCHANTED (PG) (120) PM
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (415) 715 1000
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MEET THE SPARTANS (PG-13) (1200 215 445) 730 1000
UNTRACEABLE (R) - ID REQ'D (130 415) 700 930 1200
CLOVERFIELD (PG-13) (1245 300 415 515) 645 745 915 1015
27 DRESSES (PG-13) (130 430) 715 900 1000 1145
MAD MONEY (PG-13) (1200 230 500) 745 1015
JUNO (PG-13) (145 445) 715 945 1210
ATONEMENT (R) - ID REQ'D (100 400) 700 950
BUCKET LIST (PG-13) (130 345) 645 915 1145
NATIONAL TREASURE: BOOK OF SECRETS (PG) (115 430) 730 1035
FIRST SUNDAY (PG-13) (1215 245 515) 800
ALVIN AND THE CHIPMUNKS (PG) (100 345) 630
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (200) PM

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THERE WILL BE BLOOD (R) - ID REQ'D (100 430) 800
MAD MONEY (PG-13) (125 350) 645 920
I AM LEGEND - DP (PG-13) (150 420) 720 950
ALVIN AND THE CHIPMUNKS (PG) (140 405) 640
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (110 400) 650 940
MICHAEL CLAYTON (R) - ID REQ'D (120 410) 710 1000
ENCHANTED (PG) (105 340)
THE ORPHANAGE (R) - ID REQ'D 630 910
SWEENEY TODD (R) - ID REQ'D (130 415) 700 945
P.S. I LOVE YOU (PG-13) 915 PM

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MEET THE SPARTANS (PG-13) (1230 315 530) 745 1015
UNTRACEABLE (R) - ID REQ'D (145 445) 730 1000
HOW SHE MOVE (PG-13) (145 445) 800 1030
CLOVERFIELD (PG-13) (100 300 415 530) 715 815 945 1030
27 DRESSES (PG-13) (130 430) 645 745 915 1015
MAD MONEY (PG-13) (100) 700
OC: MAD MONEY (PG-13) (415) 945
FIRST SUNDAY (PG-13) (215 500) 815 1045
BUCKET LIST (PG-13) (1245 345) 630 915
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1230 330) 630 930
ATONEMENT (R) - ID REQ'D (1245 330) 645 930
JUNO (PG-13) (230 500) 800 1045
ALVIN AND THE CHIPMUNKS (PG) (115 400)
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (115) PM

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UNTRACEABLE (R) - ID REQ'D (200 445) 730 1010
RAMBO (R) - ID REQ'D (215 515) 745 1015
MAD MONEY (PG-13) (145 415) 715 945
CLOVERFIELD (PG-13) (130 230 345 445) 630 730 900 1000
27 DRESSES (PG-13) (115 345) 700 945
FIRST SUNDAY (PG-13) (200) 745
THERE WILL BE BLOOD (R) - ID REQ'D (100 430) 800
BUCKET LIST (PG-13) (145 415) 715 1005
NATIONAL TREASURE: BOOK OF SECRETS (PG) (100 400) 700 1000
ALVIN AND THE CHIPMUNKS (PG) (130 430) 645
ATONEMENT (R) - ID REQ'D (115 400) 645 930
JUNO (PG-13) (215 500) 800 1025
MICHAEL CLAYTON (R) - ID REQ'D 915 PM
OC - FIRST SUNDAY (PG-13) (500) 1020

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MEET THE SPARTANS (PG-13) (1130 155 400) 650 925
UNTRACEABLE (R) - ID REQ'D (1240 350) 625 915
RAMBO (R) - ID REQ'D (1200 215 445) 705 950
CLOVERFIELD - DP (PG-13) (1215 230 500) 735 1020
MAD MONEY (PG-13) (1250 340) 645 955
CLOVERFIELD (PG-13) (415) 635 935
27 DRESSES (PG-13) (1230 435) 720 1005
FIRST SUNDAY (PG-13) (1145 210 430) 730 1030
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1205 210)
BUCKET LIST (PG-13) (1155 220 505) 750 1035
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1220 315) 715 1010
ALVIN AND THE CHIPMUNKS (PG) (1150 205 420) 640
I AM LEGEND (PG-13) 1025 PM
ATONEMENT (R) - ID REQ'D (1210 325) 630 945
JUNO (PG-13) (1140 200 425) 745 1015

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HOW SHE MOVE (PG13) ✓ 1:15, 2:15, 3:55, 4:40, 6:15, 7:10, 8:55, 9:35
MEET THE SPARTANS (PG13) ✓ 2:45, 5:10, 7:25, 9:40
MICHAEL CLAYTON (R) ✓ 1:50, 4:50, 7:55
RAMBO (R) ✓ 2:35, 5:05, 7:40, 9:55, 10:30
SHOOT DOWN (PG13) ✓ 2:55, 5:20, 7:50, 10:05
UNTRACEABLE (R) ✓ 1:30, 4:25, 7:15, 9:50
27 DRESSES (PG13) 1:05, 2:25, 4:30, 5:30, 7:30, 8:40, 10:20
27 DRESSES (PG13) CC 2:25, 5:30, 8:40
CLOVERFIELD (PG13) 1:40, 3:20, 4:20, 5:55, 7:00, 8:15, 9:15
MAD MONEY (PG13) 1:00, 4:05, 7:05, 10:00
FIRST SUNDAY (PG13) 2:20, 5:00, 8:00, 9:50
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 2:30, 8:05
THE GREAT DEBATERS (PG13) 5:15, 10:15
CHARLIE WILSON'S WAR (R) 1:35, 7:05
NATIONAL TREASURE: BOOK OF SECRETS (PG) 2:10, 5:25, 8:25
ALVIN AND THE CHIPMUNKS (PG) 1:20, 4:10, 7:20
I AM LEGEND (PG13) 4:55, 10:25

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:45, 7:45
THERE WILL BE BLOOD (R) 2:05, 6:10, 9:45
ATONEMENT (R) 3:25, 6:35, 9:25
JUNO (PG13) 1:55, 4:45, 7:15, 9:55
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 4:15, 9:45

LOEWS GEORGETOWN 14
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DIGITAL PRESENTATION
CLOVERFIELD (PG13) 2:30, 4:45, 10:15
MEET THE SPARTANS (PG13) 2:45, 4:50, 7:10, 9:25
RAMBO (R) 2:05, 4:25, 6:50, 9:10
UNTRACEABLE (R) 2:50, 5:25, 8:00, 10:25
27 DRESSES (PG13) 2:15, 5:00, 7:45, 10:20
MAD MONEY (PG13) 1:30, 7:05
THE BUCKET LIST (PG13) 2:40, 5:05, 7:25, 9:55
CHARLIE WILSON'S WAR (R) 2:25, 4:55, 7:35, 10:10
CHARLIE WILSON'S WAR (R) CC 2:25, 4:55, 7:35, 10:10
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:00, 4:15, 7:20, 10:30

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 4:00, 9:45
CASSANDRA'S DREAM (PG13) 2:35, 5:10, 7:50, 10:30
THERE WILL BE BLOOD (R) 3:10, 6:50, 10:20
ATONEMENT (R) 1:10, 4:10, 7:15, 10:20
JUNO (PG13) 1:00, 3:15, 5:45, 8:15, 10:30
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 1:20, 4:05, 6:55, 10:00

LOEWS SHIRLINGTON 7
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AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:50, 7:40
CASSANDRA'S DREAM (PG13) 4:40
THERE WILL BE BLOOD (R) 2:00, 5:10, 8:10
ATONEMENT (R) 1:30, 4:10, 7:00
THE DIVING BELL AND THE BUTTERFLY (PG13) 2:00, 4:40, 7:20
JUNO (PG13) 2:10, 4:30, 7:10
PERSEPOLIS (PG13) 2:20, 4:30, 7:30
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 4:20
THE SAVAGES (R) 1:40, 7:50

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27 DRESSES (PG13) 1:50, 4:25, 7:15
CLOVERFIELD (PG13) 1:50, 4:15, 7:15
THE BUCKET LIST (PG13) 1:45, 4:35, 7:20
CHARLIE WILSON'S WAR (R) 2:00, 4:25, 7:00

AMC SELECT
JUNO (PG13) 2:15, 4:20, 7:05

LOEWS UPTOWN 1
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CLOVERFIELD (PG13) 2:45, 5:30, 8:00

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ONE MISSED CALL (PG13) 12:25, 2:35, 4:50, 7:05, 9:15
HOW SHE MOVE (PG13) 2:00, 4:30, 7:00, 9:30
MEET THE SPARTANS (PG13) 12:35, 2:45, 5:05, 7:20, 9:35
MEET THE SPARTANS (PG13) CC DS 12:35, 2:45, 5:05, 7:20, 9:35
RAMBO (R) 12:30, 2:50, 5:10, 7:30, 9:50
UNTRACEABLE (R) 2:10, 4:40, 7:10, 9:40
27 DRESSES (PG13) 1:20, 4:00, 6:40, 9:20
CLOVERFIELD (PG13) 1:05, 3:20, 5:35, 7:50, 10:05
THE BUCKET LIST (PG13) 12:20, 2:55, 5:25, 7:45, 10:10
FIRST SUNDAY (PG13) 1:50, 4:20, 6:45, 9:10
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:40, 4:05
NATIONAL TREASURE: BOOK OF SECRETS (PG) 12:55, 3:50, 6:50, 9:45
ALVIN AND THE CHIPMUNKS (PG) 12:50, 3:05, 5:15, 7:35
I AM LEGEND (PG13) 6:35, 9:05

AMC SELECT
ATONEMENT (R) 12:45, 3:35, 6:30, 9:25
JUNO (PG13) 12:40, 3:00, 5:20, 7:40, 10:00
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 9:55 PM

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HOW SHE MOVE (PG13) ✓ 5:00, 7:20
MEET THE SPARTANS (PG13) ✓ 5:15, 7:30
RAMBO (R) ✓ 12:30, 3:00, 5:20, 7:45
UNTRACEABLE (R) ✓ 12:45, 3:15, 5:45, 8:15
27 DRESSES (PG13) 12:15, 2:50, 5:15, 7:50
CLOVERFIELD (PG13) 12:00, 2:25, 4:40, 7:15, 9:30
MAD MONEY (PG13) 7:45
THE BUCKET LIST (PG13) 4:50, 7:40
FIRST SUNDAY (PG13) 4:45, 7:15
NATIONAL TREASURE: BOOK OF SECRETS (PG) 4:15, 7:10
ALVIN AND THE CHIPMUNKS (PG) 5:10

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION
CLOVERFIELD (PG13) 1:50, 4:10, 6:25, 8:50
HOW SHE MOVE (PG13) ✓ 1:10, 3:35, 6:15, 8:45
MEET THE SPARTANS (PG13) ✓ 1:25, 3:45, 5:55, 8:10, 10:25
MICHAEL CLAYTON (R) 1:55, 4:45, 7:45, 10:30
RAMBO (R) ✓ 1:00, 3:20, 5:45, 8:05, 10:25
UNTRACEABLE (R) ✓ 2:05, 4:35, 7:00, 9:35
27 DRESSES (PG13) 1:45, 4:30, 7:10, 9:55
CLOVERFIELD (PG13) 1:00, 3:10, 5:30, 7:50, 10:05
CLOVERFIELD (PG13) CC 1:00, 3:10, 5:30, 7:50, 10:05
MAD MONEY (PG13) 1:40, 4:15, 7:05, 9:45
THE BUCKET LIST (PG13) 2:20, 4:50, 7:20, 9:50
FIRST SUNDAY (PG13) 1:15, 3:40, 6:05, 8:30
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 3:15, 8:05
ONE MISSED CALL (PG13) 10:10 PM
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:40, 7:35, 10:30
ALVIN AND THE CHIPMUNKS (PG) 2:15, 5:05
I AM LEGEND (PG13) 12:55, 5:40, 10:20

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 7:30, 10:15
THERE WILL BE BLOOD (R) 2:40, 6:30, 10:00
THE KITE RUNNER (PG13) 1:05, 4:05, 7:05
ATONEMENT (R) 1:35, 4:25, 7:25, 10:10
JUNO (PG13) 2:10, 4:55, 7:15, 9:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

HOW SHE MOVE (PG13) ✓ 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:15, 10:15
MEET THE SPARTANS (PG13) ✓ 12:05, 2:15, 4:40, 7:00, 9:05
RAMBO (R) ✓ 12:00, 2:35, 5:15, 7:55, 10:20
UNTRACEABLE (R) ✓ 12:10, 2:30, 4:45, 7:25, 9:40
CLOVERFIELD (PG13) 12:35, 3:05, 5:40, 8:00, 10:10
MAD MONEY (PG13) 12:10, 2:40, 5:10, 7:35, 9:55
THE BUCKET LIST (PG13) 12:20, 2:45, 5:00
FIRST SUNDAY (PG13) 12:15, 1:35, 2:50, 4:05, 5:05, 6:15, 7:40, 9:00, 10:00
ONE MISSED CALL (PG13) 7:45, 10:05
THE GREAT DEBATERS (PG13) 12:25, 3:45, 6:45, 9:45
ALVIN AND THE CHIPMUNKS (PG) 12:05, 2:10, 4:20, 7:05, 9:30

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION
CLOVERFIELD (PG13) 1:15, 3:30, 5:45, 7:55, 10:10
HOW SHE MOVE (PG13) ✓ 1:30, 2:35, 4:00, 6:35, 7:35, 9:10, 10:00
MEET THE SPARTANS (PG13) ✓ 2:40, 5:05, 7:30, 9:50
MICHAEL CLAYTON (R) 1:25, 7:05
RAMBO (R) ✓ 2:25, 4:55, 7:25, 9:05, 9:45
UNTRACEABLE (R) ✓ 2:10, 4:40, 7:20, 10:05
UNTRACEABLE (R) CC ✓ 2:10, 4:40, 7:20, 10:05
27 DRESSES (PG13) 2:00, 4:45, 7:35, 10:15
CLOVERFIELD (PG13) 2:30, 4:45, 7:00, 9:15
MAD MONEY (PG13) 2:15, 4:50, 7:25, 10:00
THE BUCKET LIST (PG13) 1:55, 4:25, 7:05, 9:30
FIRST SUNDAY (PG13) 2:05, 4:35, 7:15, 9:55
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:35, 4:05
ONE MISSED CALL (PG13) 5:00
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:05, 4:10, 7:10, 10:05
ALVIN AND THE CHIPMUNKS (PG) 1:45, 4:15, 6:50
I AM LEGEND (PG13) 6:30, 9:00

AMC SELECT
THERE WILL BE BLOOD (R) 1:00, 4:30, 8:00
ATONEMENT (R) 1:10, 4:05, 7:00, 9:55
JUNO (PG13) 1:50, 4:20, 6:50, 9:20
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 4:10, 9:50

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

HOW SHE MOVE (PG13) ✓ 12:20, 2:45, 5:00, 7:40
MEET THE SPARTANS (PG13) ✓ 12:50, 3:00, 5:10, 7:10
UNTRACEABLE (R) ✓ 12:10, 2:30, 4:50, 7:20
MAD MONEY (PG13) 12:30, 2:50, 5:15
THE BUCKET LIST (PG13) 12:40, 3:10, 5:30, 8:10
THE GREAT DEBATERS (PG13) 3:40
CHARLIE WILSON'S WAR (R) 12:00, 2:40, 5:20, 8:00
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:30, 7:30

AMC SELECT
THE KITE RUNNER (PG13) 7:50
THE SAVAGES (R) 1:00, 6:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION
THE BUCKET LIST (PG13) 1:00, 3:20, 5:45, 8:05, 10:25
HOW SHE MOVE (PG13) ✓ 1:50, 4:25, 7:15, 10:00
MEET THE SPARTANS (PG13) ✓ 1:05, 3:15, 5:30, 7:45, 10:15
MICHAEL CLAYTON (R) 4:10, 7:20
RAMBO (R) ✓ 12:55, 3:25, 5:50, 8:20, 10:45
UNTRACEABLE (R) ✓ 1:45, 4:15, 7:00, 9:50
27 DRESSES (PG13) 1:55, 4:45, 7:35, 10:20
CLOVERFIELD (PG13) 1:25, 3:40, 5:55, 8:30, 10:40
MAD MONEY (PG13) 1:30, 4:35, 7:05, 9:35
FIRST SUNDAY (PG13) 12:50, 3:10, 5:35, 8:05, 10:30
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:35
ONE MISSED CALL (PG13) 1:35
CHARLIE WILSON'S WAR (R) 4:30, 7:10, 9:40
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:15, 4:20, 7:35, 10:35
ALVIN AND THE CHIPMUNKS (PG) 1:10, 3:30, 5:45, 8:00
I AM LEGEND (PG13) 10:05 PM

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 10:25 PM
THE KITE RUNNER (PG13) 2:00, 4:55, 7:55
THE KITE RUNNER (PG13) CC 2:00, 4:55, 7:55
ATONEMENT (R) 1:40, 4:50, 7:50, 10:45
JUNO (PG13) 12:45, 3:05, 5:25, 7:50, 10:10
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 10:50 PM
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) CC 10:50 PM

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

MEET THE SPARTANS (PG13) ✓ 2:20, 4:40, 7:00
RAMBO (R) ✓ 3:00, 5:30, 8:00
27 DRESSES (PG13) 1:40, 4:20, 7:10
THE BUCKET LIST (PG13) 2:00, 7:30
FIRST SUNDAY (PG13) 2:30, 4:50, 7:20
CHARLIE WILSON'S WAR (R) 2:10, 5:00, 7:40
NATIONAL TREASURE: BOOK OF SECRETS (PG) 4:10, 7:05
I AM LEGEND (PG13) 4:30

Times for Tuesday, January 29, 2008

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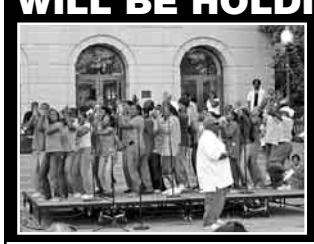

Dr. Rickey Payton, Sr.
~ Artistic Director
Date
Saturday, February 2, 2008
10:00 AM - 3:00 PM
Location
Nineteenth Street Baptist Church
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Washington, DC
(between Buchanan & Crittenden Streets, NW)

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Wanna Dance!

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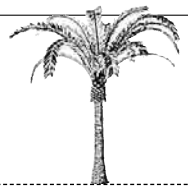

WE'RE HERE TO HELP: For the "Lost" fans among you who have been hiding under a rock or in a cave on a deserted island somewhere, here's a hot tip: The show is on Thursdays (9 p.m.) now, and the fourth season starts this week on ABC.

Pundit or Bigot?

John Gibson's 'jokes' may make him this year's Don Imus

INSULTS | By the time you read this, Fox News may have already fired John Gibson, co-host of "The Big Story With Gibson and Nauert" (5 p.m., Fox News). For their sake, I wish they would.

Last week, as news was breaking of actor Heath Ledger's death, Gibson used the occasion to mock the actor, call him a "weirdo" and use clips from "Brokeback Mountain" to make cheap jokes about him.

FOX

NOTHING NICE TO SAY: Yet Fox News' John Gibson just keeps talking.

But Gibson's comments expose a problem for Fox News that transcends homophobia, cultural politics and mere respect for human decency. For all of its swagger, Fox News has a deadly demographic problem. Its cable news and talk shows are frequently the most watched in prime time, but its audience skews old. "The O'Reilly Factor" (8 p.m., Fox News) almost always trounces its competition in total viewers, but often less than 20 percent of its viewers are under 50.

It doesn't help Fox News when its talent ridicules the young. Gibson's remarks are not merely insulting to Ledger but are a slap in the face to a generation that feels particularly stung by the tragedy. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

SIMON SAYS INSULTS
Auditions continue on **AMERICAN IDOL** (8 p.m., Fox).

HORRORS OF WAR
BAGHDAD HOSPITAL: INSIDE THE RED ZONE (8:30 p.m., HBO) shows the dangers faced by doctors and nurses treating Iraqi civilians injured by random shootings and roadside bombs.

BANGERS AND MASH
Couples compete to win a chance to open their own bistro on the British series **LAST RESTAURANT STANDING** (9 p.m., BBC America).

NOT SO TOUGH NOW
A Navy pilot tries to hide his fears on **IN TREATMENT** (9:30 p.m., HBO).

LACK OF EVIDENCE
A mentally challenged girl may be the only witness to an attack on her mother on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

DEATH WILL DO THAT
Gina's death rattles Christian on **NIP/TUCK** (10 p.m., FX). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

HBO

CHAOS AND CARNAGE: A civilian is treated on HBO's "Baghdad Hospital."

1.29.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	The Biggest Loser: Couples (N) CC				Law & Order: Special Victims Unit		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	American Idol Auditions. (N) CC		House "It's a Wonderful Lie" House.		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just for Laughs	Just for Laughs	According to Jim	Carpoolers (N)	Boston Legal "Do Tell" CC		News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Identity Crisis" CC		The Unit "Pandemonium, Part Two"		48 Hours Mystery "Trigger Point" (N)		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol (N)	Street Patrol	Jail (N) CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent CC	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors-Class	Nova "Secrets of the Parthenon" (N)		Charlie Rose CC		Frontline Pakistani tribal areas.		Travels-Edge	Smart Travels
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Secrets of the Parthenon" (N)		Supernatural Science		Frontline Pakistani tribal areas.		Charlie Rose (N) CC	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC (DVS)			Joy of Painting	BBC World News	Tavis Smiley (N)	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Two-Half Men	Reaper "All Mine" CC		One Tree Hill (N) CC		Friends CC	Friends CC	Family Guy CC	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		CSI: Miami "Just One Kiss" CC		The First 48 Memphis motel gunfight.		The First 48 CC		Parking Wars (N)	Parking Wars (N)	Parking Wars	Parking Wars
	Animal	The Crocodile Hunter CC		The Most Extreme "Biters" CC		The Most Extreme "Predators" CC		Animals Behaving Badly CC		Animal Cops Houston CC		The Most Extreme "Predators" CC	
	BET	106 & Park: BET's Top 10 Live CC			★★★ "Baby Boy" (2001, Drama) Tyrese Gibson, Omar Gooding, A.J. Johnson. CC					Top 25-Black America		Hell Date CC	Hell Date CC
	Bravo	Real Housewives		Real Housewives		Real Housewives		Real Housewives Confess		The Millionaire Matchmaker (N) CC		Real Housewives Confess	
	Comedy	(5:00) "Relative Strangers" (2006)		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Futurama CC	South Park CC	Kevin James: Sweat the Small Stuff		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops CC	Cops CC	Cops CC	Most Shocking		The Real Hustle	The Real Hustle	The Investigators	
	Discovery	Cash Cab CC	Cash Cab CC	How It's Made	How It's Made	Dirty Jobs "Cave Biologist" CC		Dirty Jobs "Buoy Cleaner" (N)		Some Assembly Required (N)		MythBusters CC	
	DISCH	Code Blue CC		Trauma: Life in the ER CC		Quint-essential Expecting quintuplets.		Then Came Six		Mystery Diagnosis CC		Quint-essential Expecting quintuplets.	
	Disney	Cory in the House	Cory in the House	Hannah Montana	Zack & Cody	★★ "Brother Bear" (2003) Voices of Joaquin Phoenix.			That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	Wildest Dating 2	Chelsea Lately	E! News (N)	The Daily 10 (N)	25 Most Sensational Hollywood Meltdowns Hollywood breakdowns.				Girl Next Door	Girl Next Door	E! News	Chelsea Lately
	FX	(4:30) ★★★ "The Italian Job" (2003) Mark Wahlberg.			★★ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt, Angelina Jolie, Vince Vaughn. Premiere.					Nip/Tuck "Kyle Ainge" (N)		(:05) Nip/Tuck "Kyle Ainge"	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club CC	
	History	Tsunami 2004: Waves of Death CC		Modern Marvels: Traps CC		The Universe "Alien Moons" CC		The Universe "Astrobiology" (N)		Mega Disasters "Methane Explosion"		Modern Marvels: Nature's Engineers	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba CC	"Murder on Pleasant Drive" (2006) Kelli Williams, Adam Arkin. CC				Will & Grace	Will & Grace
	MTV	(5:30) Made	Rob & Big	Making the Band 4		America's Best Dance Crew Casting Special				Life of Ryan (N)	Rob & Big (N)	Real World -- Road Rules Challenge	
	NICK	Drake & Josh	Drake & Josh	Zoey 101 CC	Ned's School	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Out of Mind" CC		★★★ "The Day After" (1983, Drama) Jason Robards. A small town confronts the aftermath of a nuclear war. CC						ECW New Champion Chavo Guerrero.		Flash Gordon "Cold Day in Hell"	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		UFC Fight Night			
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	10 Items or Less	Sex and the City
	TLC	Property Ladder CC		Flip That House "Julie; Troy" CC		Miami Ink Drag-racing school. CC		Bussey Bunch	LA Ink CC	LA Ink "New Beginnings" (N)		LA Ink "New Beginnings"	
	TNT	Law & Order "Asterisk"		Law & Order "American Jihad"		Law & Order "Positive"		Law & Order "Criminal Law"		Bones "Pilot" CC		Cold Case "Greed" CC	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		★★ "The Pacifier" (2005, Comedy) Vin Diesel, Lauren Graham. CC			
	VHI	40 Dumbest Celeb Quotes Ever				Rock of Love With Bret Michaels		Rock of Love With Bret Michaels		Rock of Love With Bret Michaels		Celebrity Rehab With Dr. Drew	
SPAN.	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		College Basketball Ohio State at Penn State. (Live) CC				College Basketball Tennessee at Alabama. (Live) CC				SportsCenter (Live) CC	
	ESPN2	2007 World Series of Poker CC		College Basketball Virginia Commonwealth at George Mason. (Live) CC				NBA Coast-to-Coast (Live) CC					NFL's Greatest
	CSN	SportsNite CC	SportsNite CC	NBA Basketball Toronto Raptors at Washington Wizards. (Subject to Blackout) (S Live)					College Basketball Florida State at Virginia Tech.			SportsNite CC	Washing. Post
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight CC		CNN Election Center		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report CC		The Fox Report With Shepard Smith		You Decide 2008 Florida. (N)				On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Florida Primary Coverage					
MOVIES	AMC	(5:00) ★★★ "The Matrix" (1999, Science Fiction) Keanu Reeves. 'R' CC				★★ "U.S. Marshals" (1998) Tommy Lee Jones. Sam Gerard gets caught up in another fugitive case. 'PG-13' CC						★★ "Black Dog" (1998) 'PG-13' CC	
	TCM	Everybody Sing	Judy: Impressions of Garland			★★★ "Beau Brummel" (1924, Drama) John Barrymore. Premiere. 'NR'				(:15) ★★ "The Mad Genius" (1931) John Barrymore.			Bill-Divorcemnt
	HBO	(5:00) Clueless	(:45) ★★ "The Lake House" (2006, Romance) Keanu Reeves. 'PG' CC				Baghdad Hospital: Inside		In Treatment (N)	★★★ "Breach" (2007, Suspense) Chris Cooper. 'PG-13' CC			
	MAX	(:15) ★★★ "White Men Can't Jump" (1992) Wesley Snipes. 'R' CC				(:15) ★★ "The Fast and the Furious: Tokyo Drift" (2006) Lucas Black. CC				★★★ "The Shawshank Redemption" (1994) Tim Robbins. 'R' CC			
	SHOW	(5:45) ★★★ "Mighty Aphrodite" (1995) Woody Allen. 'R'		★ "Larry the Cable Guy: Health Inspector" (2006) CC				The L Word (iTV) Bette is jealous.		★★ "Clerks II" (2006, Comedy) Rosario Dawson. iTV. 'R'			The Big Lebowski
	TMC	(5:50) ★★ "The World's Fastest Indian" (2005) Anthony Hopkins. 'PG-13'				★ "Black Christmas" (2006, Horror) Katie Cassidy. 'R'			(:45) "Tamara" (2005, Horror) Jenna Dewan, Matthew Marsden. 'R' CC				Basic Instinct 2
	STARZ!	(4:40) ★★★ "The Prestige" (2006)		★★★ "Stranger Than Fiction" (2006, Comedy) Will Ferrell. 'PG-13' CC				★ "The Messengers" (2007) Kristen Stewart. 'PG-13'			(:40) ★★★ "Gridiron Gang" (2006) The Rock. 'PG-13'		
	ENCORE	(:05) ★★★ "Running Scared" (1986) Gregory Hines. 'R' CC				★★★ "Pulp Fiction" (1994, Crime Drama) John Travolta, Samuel L. Jackson. 'R' CC					(:40) ★★★ "Sleepers" (1996) Kevin Bacon. 'R' CC		

"People have said, 'Take your $6 million and be happy sitting on the bench.' But money doesn't make me happy — playing baseball does."

— **Tigers 3B Brandon Inge**, who is mad the Tigers traded for star 3B Miguel Cabrera without dealing him.

Sports

'Tawn and 'Tough Juice' Take Over

They may be opposites, but the star forwards mesh on the court

JOSE LUIS MAGANA/AP

Antawn Jamison, left, and Caron Butler combine for 42.8 points per game and will likely be considered for the All-Star game.

WIZARDS | Caron Butler chews on fast-food straws as if they're gum, even during games, and he persuaded Antawn Jamison to try it on the sideline during a blowout victory a few weeks ago.

Jamison nearly choked on the plastic.

At first glance, the teammates seem as different as could be: Butler with his hard-nosed attitude and "Tough Juice" nickname, Jamison with his mellow demeanor and off-season yoga regimen.

Not to say they finish each other's sentences, but these two co-captains have forged an off-court bond that appears to be as successful as their on-court collaboration.

"The personalities are different, but we're still the same. The way we approach different situations is different, but, in the back of our minds, we're trying to accomplish the same thing," Jamison said.

With the yin-and-yang forwards leading the way in the box scores and the locker room, the Wizards are winning while Gilbert Arenas works his way back from left knee surgery.

There are plenty of reasons for a recent run of eight victories in 12 games, including two wins against NBA-best Boston and one against Dallas: steady point guard play from Antonio Daniels, improved shooting from DeShawn Stevenson, a stronger commitment to defense.

The most obvious reasons, though, are Butler and Jamison.

All-Star starters were announced last Thursday, and neither Butler nor Jamison was among the top five Eastern Conference forwards in the fan voting. Still, both figure to get consideration when coaches determine the reserves to be announced this Thursday.

Together, Butler and Jamison are the NBA's highest-scoring starting forwards, at 42.8 points per game.

"He pushes me," said the 31-year-old Jamison. "Say I didn't get a loose ball. He's, 'Come on, man! You've got to get that! You've got to set the tone!' It's good to have somebody push you, no matter what you accomplished in the past." HOWARD FENDRICH (AP)

Tracking Progress

→ Caron Butler knows when he is taking a high-percentage shot; so does Brendan Haywood. That's because Dave Hopla makes them record every shot. | **Today, Sports**

IN The Washington Post

Swengali

REDSKINS | BY MATT SWENSON

3 Star Redskins Deserve the Hall

WHILE WE ENDURE Dan Snyder's debacle of a coaching search, let's look at better times.

It was only 25 years ago that the then-Super Bowl champion Redskins — feeling better yet? — drafted Darrell Green. The cornerback was the NFL's fastest man and achieved one of the great highlights in team history when he returned a punt for a touchdown — breaking a rib in the process — against the defending champion Bears in the 1987 playoffs.

Five years later, Doug Williams won the MVP award in the Redskins' second Super Bowl win. But in that same game, Russ Grimm and "the Hogs" opened holes so big that Timmy Smith had a career game on the biggest stage of all.

Monk's case is the most volatile of those the voters will decide.

We have one last trip down memory lane. Sixteen years ago, Grimm's "Hogs" were so dominant that Mark Rypien became a Super Bowl MVP. Art Monk had a 100-yard game that day, one of the crowning achievements for a player who retired with the most receptions in NFL history.

Now, Green, Grimm and Monk are finalists for the Hall of Fame. Green, in his first year of eligibility, seems assured to join Joe Gibbs and John Riggins as the only members of the Redskins' golden era.

Grimm almost certainly will have to wait again, and Monk's case is the most volatile of those voters will decide on Saturday.

Monk and Grimm were constants in a dominant franchise. There's no time like the present to reward them.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON CSN) The Wizards are 8-5 in January. Their last two games of the month are against Toronto, a team tied with them in the East.

CAPITALS (7:30 P.M. ON CSN+) One of the hotest teams in hockey, the Caps, starts the second half of the year at the Montreal Canadiens.

PATRIOTS HOOPS (7 P.M. ON ESPN2) George Mason gets on national television with an important conference game against VCU.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) Ohio State is at Penn State for a Big Ten matchup. Then, No. 7 Tennessee travels to Alabama for an SEC showdown.

HOCKEY (7 P.M. AND 9:30 P.M. ON VERSUS) Buffalo is at Tampa Bay and San Jose is at Edmonton for some nationally televised hockey games.

Caps Start 2nd Half in a Close Race

Washington is a point behind Carolina, just 6 ahead of last place

EVAN VUCCI/AP

The Capitals, who have been on a roll since Thanksgiving, have 32 games left.

CAPITALS | The Capitals return from the all-star break Tuesday night against the Montreal Canadiens in a position they haven't been this late since before the lockout that cancelled the 2004-05 season.

Only one point separates them from Carolina for the lead in the Southeast Division with 32 games left, including 14 contests against division foes. A win over the Canadiens, coupled with a loss by the Hurricanes, would vault the Capitals into first place.

"It's not as good as one point in first place, but it's a start," said coach Bruce Boudreau, who hopes to guide Washington to its first postseason berth since 2002-03. "The race is so close."

It is, indeed. Consider this sobering statistic: While Washington bears down on the Hurricanes, it is also only six points ahead of the Lightning, which occupies last place in the division and the conference.

In other words, the margin for error is small. So small, in fact, one bad week could spell disaster.

The push begins in earnest at Bell Centre against goalie Cristobal Huet and the Canadiens.

Including their 5-4 win at Bell Centre on Jan. 5, the Capitals have won seven of their past nine games, scoring an average 3.89 goals during that span.

"It's like the playoffs now; we can't afford to lose anymore," left wing Donald Brashear said. "If you lose, you can get down deep real quick. But that's fun." TARIK EL-BASHIR (THE WASHINGTON POST)

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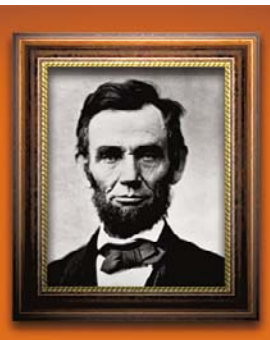

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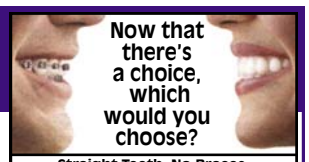

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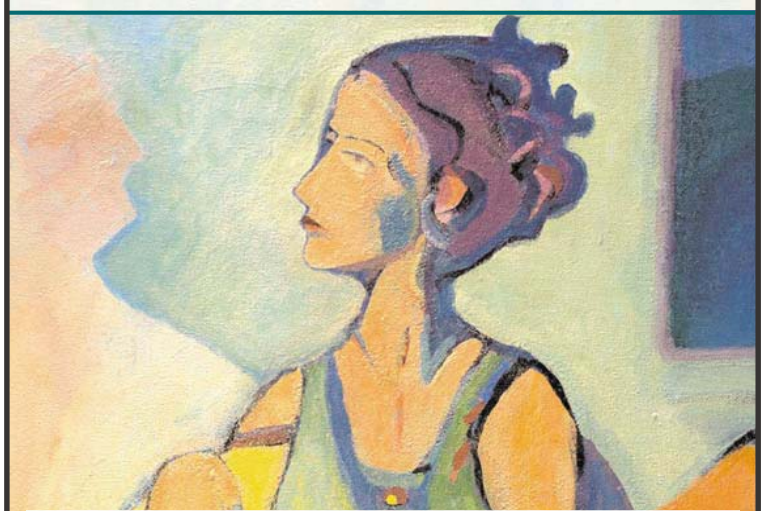
Midlife, menopause, and mood swings got you down? Call us up and help yourself while helping others.



The NIMH is conducting research on mood swings during the menopause transition. If you would like to learn more about these NIMH studies, please call **301-496-9576**. We look forward to speaking with you.

Midlife & Menopause Studies at The National Institute of Mental Health

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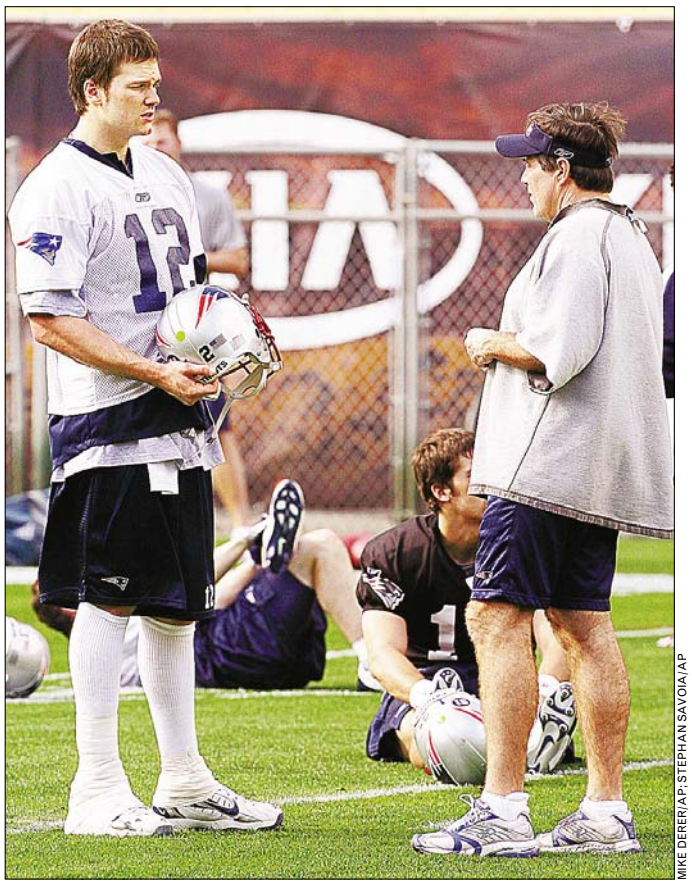
http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
NIMH National Institute of Mental Health

MAKE IT STOP: Barbaro's owners will return to Churchill Downs on Tuesday to honor the 2006 Derby winner on the first anniversary of his death. The specific plans were not disclosed.

Sports

SUPER BOWL | COMING AND (ALREADY) GOING



MIKE DERER/AP; STEPHAN SAVOIA/AP

FEELING SUPER: Giants QB Eli Manning, left, walks off the plane with his backpack as the team arrives in Arizona for the Super Bowl. The Patriots, who arrived in Arizona Sunday after a sendoff in New England, practiced on Monday, and quarterback Tom Brady had his ankle taped when he talked with coach Bill Belichick before practice.

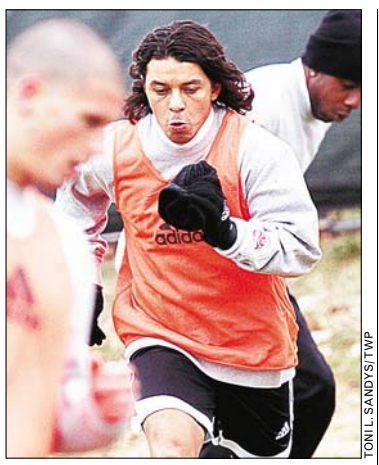
D.C. United Brings in Foreign Star

Signing of Argentine midfielder Gallardo is biggest in club history

UNITED | D.C. United completed its offseason overhaul yesterday with the acquisition of three more South American players, including the most significant signing in the club's 13-year history.

Argentine World Cup veteran Marcelo Gallardo, a 32-year-old central midfielder, was in Washington on Monday as United opened training camp. He is signed and is scheduled to be unveiled at a news conference Monday. He likely will inherit the No. 10 jersey vacated by former MVP Christian Gomez, who could not agree to contract terms with D.C. and will either be traded or leave the league altogether.

No specifics about Gallardo's contract were released, but he will be the club's first "Designated Player," meaning he will count $400,000 against the cap with the remainder of his undisclosed salary paid by the team.



TONI L. SANDYS/TWP

Marcelo Gallardo, 32, plays with D.C. United during their first practice of 2008.

Gomez reportedly was seeking similar compensation, but as good as he was in his three-plus seasons at RFK, there is no comparison between his resume and Gallardo's.

Gomez never has played for Argentina, while Gallardo's 14 goals in 44 national team appearances positions him as one of South America's elite players. He was on Argentina's team at the 1998 and 2002 World Cups and flourished professionally in both his own country and France, where he won a combined six league titles and was named France's player of the year in 2000 while with Monaco.

"Throughout his career, Gallardo has been a dynamic attacking midfielder known for remarkable technique, impressive speed and quickness and an uncanny knack for providing service to his teammates," United President and CEO Kevin Payne said. "We are thrilled to have a player of his caliber joining D.C. United." BRIAN STRAUS

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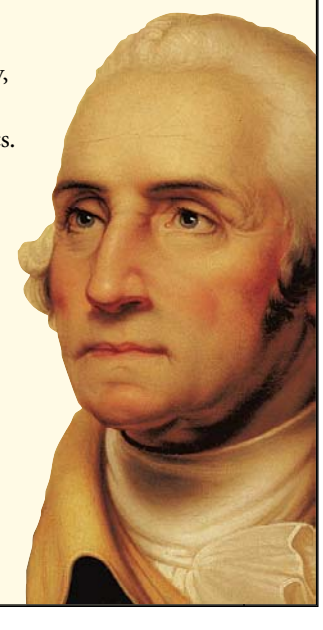

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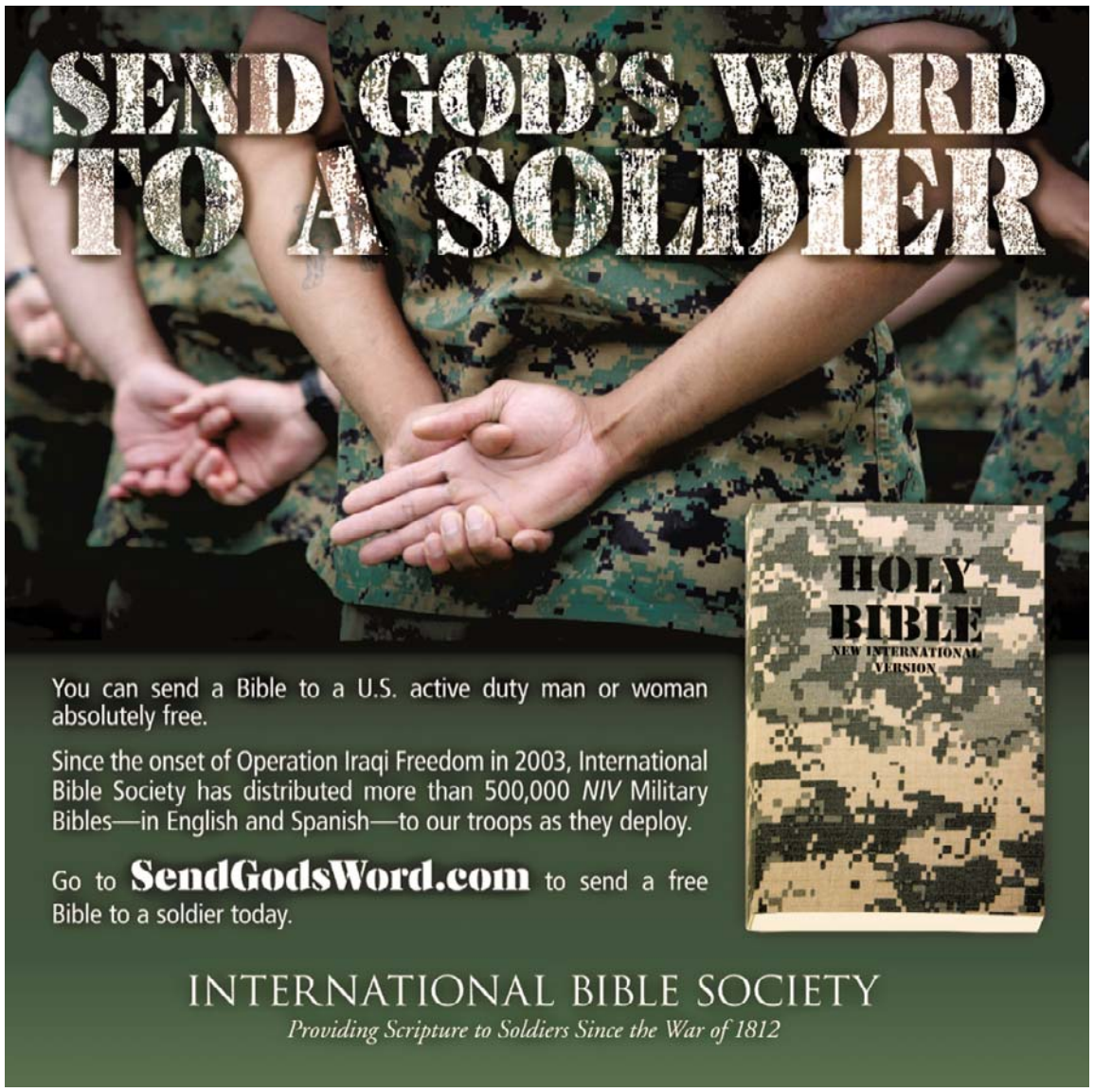

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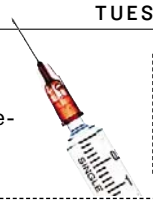
INTEGRALS PROVES INNOCENCE? Roger Clemens' agent released an 18,000-word statistical report Monday to rebut allegations the pitcher's career rebounded because of steroids.



Sports

Bedard With O's ... for Now

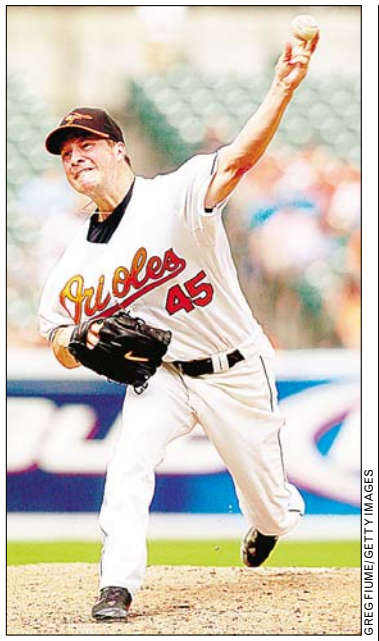
Rumors of trade grow as Mariners bring top prospect back to U.S.

ORIOLES | Erik Bedard is still a member of the Baltimore Orioles, although there are signs the lefthander might soon be headed to the Seattle Mariners.

In an effort to rebuild an organization that has endured 10 straight losing seasons, Orioles president of baseball operations Andy MacPhail has been actively seeking to trade Bedard for prospects. He appears close to working out a deal with the Mariners but insisted Monday that a trade was not necessarily imminent.

"There really is no change. We are still having discussions, but we don't have an agreement," MacPhail said.

MacPhail said he didn't expect that to change "over the next few days," but added, "anything can happen."



GREG FIUME/GETTY IMAGES

Erik Bedard was 13-5 with 221 strikeouts last year, but the Orioles still struggled.

The Mariners have asked center fielder Adam Jones to leave his Venezuelan Winter League team and return to the United States. Jones, one of Seattle's top prospects, is supposedly the main player targeted by Baltimore in the trade.

The Seattle Times reported that Jones was returning to take a physical in Baltimore. Mariners spokesman Tim Hevly confirmed that Jones was asked to return, but he did not give a reason for the request.

Bedard went 13-5 last season with a 3.16 ERA and 221 strikeouts, third in the AL. He is currently scheduled for an arbitration hearing next month; the 28-year-old is asking for $8 million next season, and Baltimore countered at $6 million.

Jones, who will turn 23 this summer, hit .246 in 41 games last year. There is plenty of speculation about the other players involved in the potential deal. Relief pitcher George Sherrill has been mentioned in some reports, especially because the Orioles need a closer to replace injured Chris Ray.

DAVID GINSBURG (AP)

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WHAT'S IN A NAME? The Ravens brought Rex Ryan back with the same job, a new title and more money. Ryan will now be Baltimore's assistant head coach/defensive coordinator.

Sports

U.S. Open, Beware of Tiger

After the way he played Torrey Pines, he seems like a lock for June

GOLF | Tiger Woods began his 2008 season with a 67 on the South Course at Torrey Pines that featured only one bogey, one birdie on the par 5s and seemingly very little effort.

Standing behind the 18th green, one caddie made a quiet observation that surely was shared by others.

"He just won two tournaments with one round," the caddie said.

Woods left the Buick Invitational with only one trophy, but his eight-shot victory left some wondering whether the U.S. Open would be the same kind of contest in June — which would be no contest at all.

Torrey Pines is a public golf course that appears to have private ownership. Woods has won six times on the cliffside course, which includes four straight titles at the Buick Invitational.

JEFF GROSS/GETTY IMAGES

Tiger Woods breezed through Torrey Pines this weekend, winning by eight strokes.

"I feel very comfortable here," Woods said. "It's just one of those things where some people just have an affinity for certain golf courses. And somehow, this golf course seems to have been pretty good for me."

The hope by some was that the USGA wasn't watching when Woods shot 19-under 269 on a course that four months from now will be hosting the "toughest test in golf," where the winning score the last two years has been 5-over 285.

"What he's going to do is screw the U.S. Open up for everyone else," Fred Couples said. "If he had shot 10 or 11 under, the USGA would have said, 'Well, maybe we have it in the right spot.' Now, they may have to regroup a little." DOUG FERGUSON (AP)

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- Cancer survivors
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Please consider joining a research study comparing two exercise programs **Tai Chi Chuan** and **cycling exercise** at the National Institutes of Health

NCCAM

For more info: **1-800-411-1222**
http://nccam.nih.gov/exercisestudy

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Corporate Accountant III
Primary duties: To consolidate and process bi-weekly payroll through Paychex for approximately 125 employees (hourly & salaried); review all transactions in AP related to payroll & employee benefits; maintain vendor files & documents for AP process; review homeownership AP transactions for proper coding and processing; maintain the general ledger and provide internal financial reporting for inter-company and grant activities; record all transactions in accounting system; prepare related reports regularly; establish mechanism for tracking new restricted fund initiatives in conjunction w/the CFO and Corporate Accounting Manager. The position reports to the Manager of Corporate Accounting.

Minimum requirements: College degree in Accounting or related field; experience may be substituted for education; 5+ yrs experience processing payroll and familiarity with related laws; 5+ yrs experience processing accounts payable; experience in nonprofit accounting and grants management; proven ability to manage multiple projects and meet deadlines; ability to create financial reports as needed; proficiency with MS Office, spreadsheet applications, Sage Software MIP fund accounting systems a plus.

Property Accountant
Primary duties: To record transactions for multiple managed properties, including AP, AR, and accruals; to monitor the transactional activity processed at the site level and approve those transactions for posting by the Controller; maintain the general ledger & related accounting records of the property portfolio; review lease administration transactions, move-ins/outs, concessions, subsidy/tenant allocation, late-legal charges & bad-debt write offs; process mortgage payments; assist site managers in review of financial reports; track utility costs in accounting system; maintain all related paper & electronic files. The position reports to the Senior Controller.

Minimum requirements: College degree in Accounting or related field; experience may be substituted for education; 3+ yrs experience in property management accounting; knowledge of general property management regulations; knowledge of HUD property management accounting & reporting; proven ability to multi-task, remain organized, meet deadlines & work independently; proficiency w/MS Office, spreadsheet applications; experience w/Jenark accounting systems a plus.

To apply*: Send your resume to HR at (jobs@ahcinc.org) or via fax at 703-486-0653, no later than 2/1/08. *You must indicate your salary requirements and the position you are applying for.

Activism

Stand Up for Working Families

Connect with people on the issues that matter: health care for all, good jobs, education. Community outreach organizers with Working America educate citizens and affect change. $10.11/hr. M-F 1:30-10pm. EOE. Located in Fairfax, VA. Call Matt at 703-323-1370.

JOBS

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Executive Assistant to CEO

Dynamotive Energy Systems located in Tyson's Corner. Candidate must have strong work ethic, professional demeanor, expertise in Microsoft office, and sr. executive references. Attractive salary & benefits. Send resume to: **laura.santos@dynamotive.com**

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ENGINEERING

ST REGIS

BUILDING ENGINEERS

The St Regis Hotel has recently completed a historic renovation and restoration and is seeking certified and experienced Engineers. .

Certifications in Refrigeration, Heating and Air-Conditioning or Kitchen Equipment required.

Candidates may fax a letter of interest and resume to 202/638/4231 Attention Human Resources

JOBS

Driver

School Bus Driver
(School Bus Transportation

The District of Columbia Public Schools (DCPS), Division of Transportation (DOT), under the court appointed leadership of the Transportation Administrator, is seeking Bus Driver with Commercial Drivers License. The DOT manages the safe, efficient, and professional transportation of approximately 3,900 special needs children throughout the Washington-Metropolitan area.

Candidate must meet the following: 1) be at least 21 years old; 2) pass a Background Check; 3) possess a valid Commercial Drivers License and/or a Commerical Driver License Learner's Permit; and 4) possess a high school diploma, G.E.D., or its equivalent.

If you are interested in, and meet the qualification requirements for the position as stated, you may mail, e-mail, or fax your resume or DC 2000 application to:

DCPS Division of Transportation
Lemuel Penn Center
1709 3rd Street, N.E., 2nd Floor
ATTN: Tarita Harris, Recruiter
Washington, DC 20002
E-mail: **OTHR@DC.GOV**
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Front Office Secretary
Busy Chevy Chase OBGYN office looking for front desk secretary with some back office experience needed. CBSI, a plus. Great benefits
301-986-6929 to schedule interview.

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Health & Athletic Attendant

Private club in DC needs PT Health & Athletic Attendant to:

- Attend to the needs of the members using the Health and Athletic Facility. Maintains the overall neatness of the facility at all times throughout the day.
- Insures inventory of clean clothes and towels for members.
- Cleans and check's exercise equipment.
- Cleans squash courts and other areas as assigned
- Answers telephones and makes reservations when need.

Must be able to communicate in English and be tactful and courteous. Ability to walk and stand for eight hours, and must have the ability to lift carts weighing up to 150lbs and be able to move exercise equipment when needed. High school or GED/CPR and AED certification. Good Salary/Full Benefits/EOE/Fax resumes w/salary requirements to 202-835- 2569/Benefits Included

Hotel

Night Auditor
International hotel company seeks a Night Auditor for our downtown hotel. Responsible for Front Desk Operation. Contact **mcohen@clubquarters.com** Fax (202)974-4204

JOBS

HOTEL

Hilton Springfield

Front Desk Supervisor
Hotel Experience Required
Please apply in person @ 6550 Loisdale Road, Springfield, VA or fax resume to
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EOE

HOTEL

ST REGIS

The Historic St Regis hotel is currently seeking experienced individuals for the following positions:

*Administrative/Guest Relations Assistant
*Assistant Director of Human Resources
*Banquet Housestaff
*Restaurant Service Staff

Please fax your letter of interest and resume to 202/638/4231 Attention Human Resources

Houseman-Night Shift
Hotel in downtown Washington looking for houseman, night shift 11pm-7:30am, F/T. Apply in person@ 839 17th St, NW, Washington DC.

Leasing Consultant
Part- Time.

Weekend part-time leasing positions available, large apt community in Alexandria. We are looking for a dependable, hard working, energetic and customer service oriented person. Must have own transportation. Bilingual a plus. Please fax your resume to 703-768-6575 or Ldemuren@zuckermangravely.com. Attn: Mrs. Demuren No Calls Please

Maintenance

Residential Maintenance Technicians
High profile real estate co seeking exp'd Maintenance Techs for residential community. Reporting to Maintenance Supervisor techs required to perform repairs incl: plumbing, electrical, locks, carpentry & appliances. On-call emergency req.

Candidates must have at least 3 years residential maintenance experience with HVAC certification.

Excellent benefits. Fax resume to 301-340-1470. No calls.

MAINTENANCE
Need Maintenance Techs & Supervisors in the Baltimore/ DC area. Exp preferred. Resumes to
erik.sabotka@bethanygrp.com
or Fax 443-567-6894

JOBS

MAINTENANCE

SERVICE MANAGER -- MAINTENANCE

Interview on Friday, Feb. 1st

Arrive between 10:00 a.m. and 12:00 p.m.
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Submit a MS100 app. to Dept of Juvenile Services – OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. For further instructions & to download the MS100, go to www.djs.state.md.us or www.dbm.maryland.gov. EOE

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Alex. Division of Social Services
Attn: DHS Personnel
2525 MT. Vernon Ave.
Alex. Va. 22301
Fax application - (703) 836-2355
www.dss.state.va.us/geninfo/jobs.cgi

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Herndon M/F. Shr lg SFH. N/S. n/p., furn BR, pvt. BA, nr Toll rd/66. $650 incl utl, int & cbl. **571-214-1518**

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Rockville- MBR in spac 4BR hse. w/d, new kit., N/S prof. $650+1 /3 utils. Rick 301-593-6218

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SIL SPG— Wlk Metro. Prof. F shr Wonderful House. BRs:$595, $495. N/S, no pets. utils incl. **301-593-2435**

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Silver Spring/White Oak- Rm for rent in shr hse. $600 incl all utils, cble, intrnet. Sec dep req. 240-671-1933

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Brian, Re/Max, 301-996-9695
Pics:www.ListOrBuyHomes.com
Brian@ListOrBuyHomes.com

BETHESDA Owner Will Trade **$814K**
All NEW Brick 3000 sqft. 4Lvl Split w/4BR, 3 new BA, Fin Walkout Bsmt, Fplc, New Kit/42" Cabs, SS appls/Granite., Hdwds, Scrnd Porch, Windows; 2MBRS, 2 Jacuzzis; drvwy. Whitman School cluster.
Brian, Re/Max, 301-996-9695
Pics: www.ListOrBuyHomes.com
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BOWIE—Colonial style TH end unit. 3 BR, 1 FBA, 2 HBA, $240,000 Edward Cunningham, Exit Premiere Realty, 240-882-9829; 301 560-6700

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SE—Lovely TH 3br 2fba 2hba, fam rm, 1c garage, deck, closing help. Call Joyce Elam Re/Max Alleg.
301-918-3441

UPPER MARL 3 lvl TH, fin bsmt, $254,900. Closg help avl. 240-351-4413

UPPER MARLBORO—3 lvl Colo-style TH, end unit, 3BR, 2½ BA, $235,900. Catherine Holroyd, Exit-Premiere Realty, 202 391-2347; 301 560-6700

UPPER MARLBORO—$279K contemp 2BR, 2.5 BA, gar TH, 2 story foyer, Den/fp, W/D. Closing Help. L. Duvall 301-728-8141 Exit Right Rlty, 301-362-4500.

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DODGE 1996 RAM PU — extra long bed, good condition, $3500. 240-305-9778.

FORD 1998 EXPEDITION — runs great must sell. $4000. 240-305-9778.

Isuzu 2002 Rodeo Sport — Hard Top, $9500 obo, Good cond, 4 year CARMAX warranty, 77500 miles, Gray int, Silver ext, 2 dr, DVD, Mnrf, Sunrf, CD, 251-508-1883

Jaguar 2004 XJR — $43250, Supercharged, Excellent cond, 22k mi, Navigation, Black int, Black ext, 4 dr, Htd Seats, DVD, 703-212-7274

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Nissan 1991 Sentra- Auto. 4 door. AC. PS. Red. Runs/look great. New tires. $1,300. 202-744-7187

Suzuki 2006 Forenza — $8700 obo, Excellent cond, 35k, White, Gray int, 4 dr, 5 spd, alarm, ac, CD, ext wrnty, sell loan amt, 253-970-3868

Volkswagen 2001 Passat — GLS V6 Sedan, $8700, Good Cond, 68k mi, Auto-Tip, Black Leather Int, Wood, All Power, Silver Ext, 4 dr, Htd Seats, Mnrf, Alloys - Call 202-285-5868

Volkswagen 2000 Jetta — GLS VR6, $2900 obo, Excellent cond, 73k mi, Gray int, White ext, 4 dr, Automatic.
It is in awesome condition, immaculate exterior, no scratches or dents, never involved in accidents and the engine runs great. E-mail me: laura.crouch@inbox.com

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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

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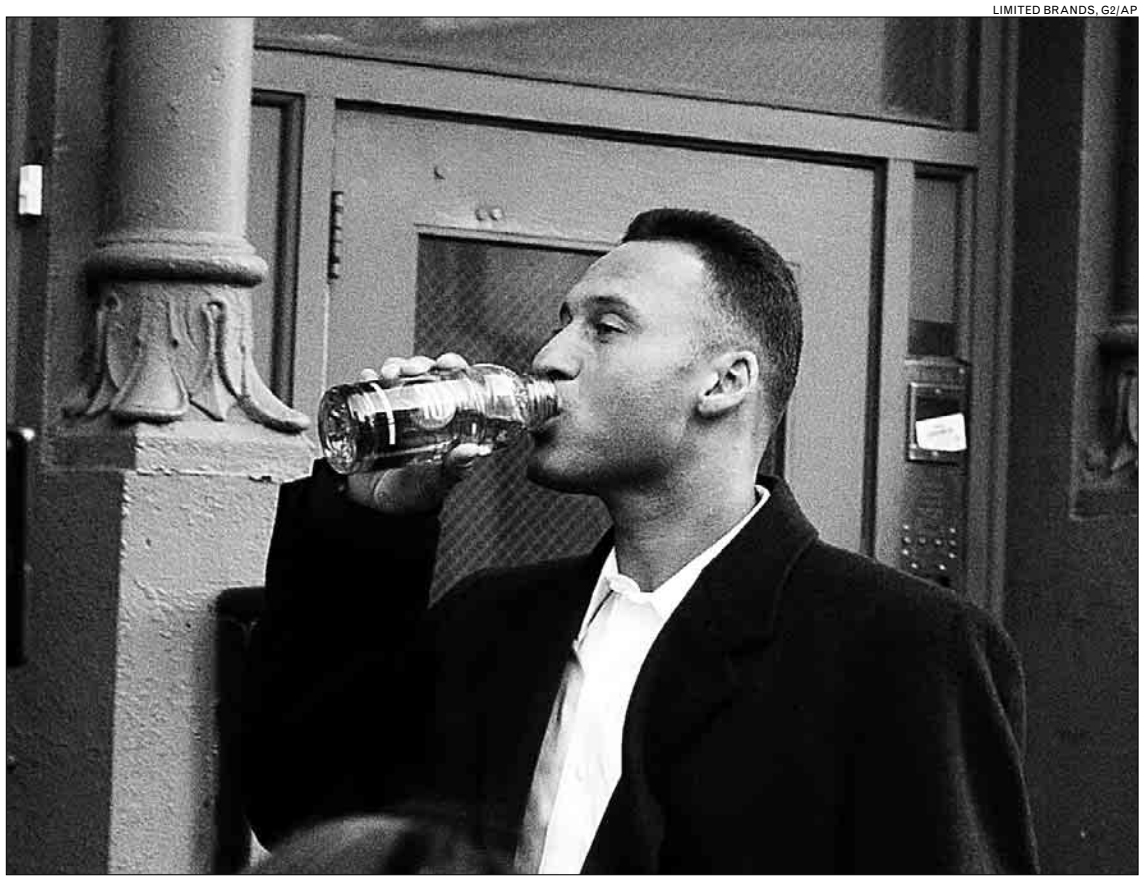
LIMITED BRANDS, G2/AP



PRICEY PROMOS: Ads by Victoria's Secret, left, and Gatorade, right, featuring Derek Jeter, are scheduled to air during the 2008 Super Bowl.

Television

Commercial Indulgence

Advertisers bank on reaching millions of Super Bowl viewers

The story lines are unabashedly goofy. Cavemen invent the wheel to transport a beer cooler made of stone, and a car buyer enlists the help of a tribal warrior in case he needs some extra negotiating leverage at the dealership.

For most of us, Super Bowl ads make fine entertainment. But for the advertisers who make and buy them, Sunday is white-knuckle time.

The blogging boom has created crowds of armchair critics; the price for a 30-second spot is up again, to $2.7 million; and a writers strike has wiped out many other opportunities to reach mass audiences by putting scripted dramas such as "Desperate Housewives" on hold.

Even against odds like these, many major marketing powers and a few first-timers couldn't resist the opportunity of reaching more than 90 million people in a single shot — something increasingly hard to do in any medium.

Advertisers still love the Internet for its ability to deliver measured results from click-throughs and carve audiences into segments. But only the largest of television's events — the Super Bowl, the Olympics, the Oscars and the Grammys — have the muscle to pull in tens of millions of people in real time.

"There are so few media vehicles out there that reach that size audience that there's still a big value in not only reaching so many people, but in such an engaging manner," said Andy Donchin, director of national broadcasting at Carat, a major buyer and planner of advertising.

Add the extra buzz created by the possibility of the New England Patriots' making history with an undefeated season, and advertisers have a lot on the line. The placement is great if they have a winning ad, not so great if the ad tanks. Last year's viewership of 93.2 million was close to the all-time record of 94.1 million set in 1996, and many believe that record could be surpassed this year.

The results from online advertising often confirm the value of hitting big audiences with TV, Donchin said, because advertisers can measure the upswing in traffic to Web sites after an ad is broadcast.

The Super Bowl continues to draw new advertisers, including Planters nut company, part of Kraft Foods Inc., as well as Cars.com, an online auto classified advertising company co-owned by newspaper publishers Gannett Co., McClatchy Co., Tribune Co., Washington Post Co. and Belo Corp.

No neophyte in the advertising world, Kraft decided a Super Bowl spot was well worth the money last year as it began repositioning Planters beyond the $3 billion packaged nuts business. Planters now competes in the $20 billion market of salted snacks, which includes potato chips, pretzels and popcorn.

"If we really wanted to accelerate our growth, we needed to think bigger," said Allan Lindsay, a senior director of marketing for Kraft. "We wanted the big platform to get our message out there ... and it's a natural venue to do that."

Lindsay offered hints about his ad, but not the full story line. It will feature men being "drawn" to Planters nuts.

Tire maker Bridgestone Firestone North America, another first-timer, is jumping in with two spots and sponsorship of the halftime show. One ad features a car accelerating toward Richard Simmons as he dances on a road at night. In the other, a woman screams as the car she's riding in approaches a squirrel nibbling on an acorn.

Other big advertisers are venturing back to the Super Bowl after long absences. Audi is coming back to the game after nearly 20 years with a "Godfather"-theme spot. And Coca-Cola, whose main brand was back in the game last year for the first time since 1998, will have three or four spots this year. SETH SUTEL (AP)

LOOK out

'Iron Chef' in the House

Entertaining

Foodies throw parties that mimic popular television cook-offs

Like their television counterparts, the Lander family treats the secret ingredient with reverence.

It is concealed under a domed basket as it is carried into the family's gorgeously appointed kitchen. With great dramatic flourish, it is revealed to their eager guests.

Thus begins the cook-off, a reality television-inspired dinner party that pits guests against one another to create the most beautiful, original and best-tasting dish using the secret ingredient.

Welcome to "Iron Chef," the home edition.

Since it began airing on the Food Network in 1999, the chef-versus-chef competitive cooking show has become a pop culture phenomenon. And now it is invading the home dinner party.

JOSH REYNOLDS/AP

Alan Fein prepares a dish during an "Iron Chef" dinner party in Cambridge, Mass.

After years of watching Japanese-made "Iron Chef" and its U.S. spinoffs, "Iron Chef America" and "The Next Iron Chef," in which pros rapidly prepare meals based on a single ingredient, amateur cooks have started staging food battles in their own kitchens.

"It's done with great fanfare," Eric Lander says of the "Iron Chef"-style dinner parties he and his wife and three children regularly host at their Cambridge, Mass., home.

"There's no time for recipes," says Lander, a 50-year-old scientist who worked on the Human Genome Project. "You're jockeying for burners, negotiating over shrimp. You draw on what you know."

> "There's no time for recipes. You're jockeying for burners, negotiating your shrimp. You draw on what you know."
>
> **ERIC LANDER**, PARTY HOST

The parties are a great way to bring together friends who share a passion for fine food and competition, says David Cavuto, who adapted the rules of the show for use at dinner parties. He's been hosting them since 2001.

Secret ingredients at Cavuto's parties have included cranberries, shiitake mushrooms and onions.

"I was really surprised," says the 34-year-old engineer from Edison, N.J. "People were more enthusiastic about coming to a dinner party where they participated in this formal way."

Diners are always looking for ways to make their meals more engaging, says Mitchell Davis, vice president of the James Beard Foundation in New York.

"We've been trained to expect a certain level of excitement from our food," he says. "In some ways, just sitting down to dinner isn't enough for people."

Mike Slagle, a 26-year-old leadership trainer who once challenged a co-worker to an "Iron Chef" contest, was drawn by "the challenge of it, trying to prepare multiple things with same basic ingredient in a short amount of time."

Participating in the competition was fun but stressful, says Michele Martin, whose recipe for potato cheese steak bested Slagle's spinach and Kalamata olive lasagna with ricotta and goat cheese in the competition. (The secret ingedient was cheese.)

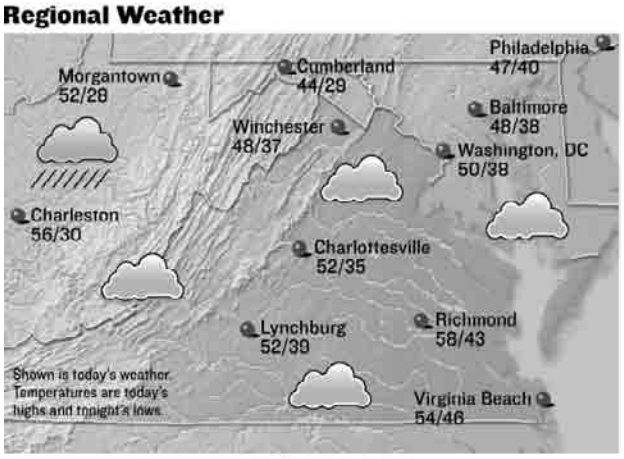
"It's really kind of intense," says Martin, 27, who lives in Columbus, Ohio.

For the Landers, the competition continues after the food has been prepared. In a nod to the original show, they require participants to offer grandiose descriptions of their entrees. MELISSA KOSSLER DUTTON (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Cloudy, periods of rain	Decreasingly cloudy, strong wind	Mostly sunny	Cloudy, rain possible, breezy	Mostly sunny
50°	38°	50° / 30°	46° / 33°	44° / 35°	50° / 31°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	46°
Low	33°
Normal high	43°
Normal low	27°
Average humidity	49%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.31"
Normal month to date	2.91"
Year to date	1.31"
Last year to date	2.46"
Normal year to date	2.91"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

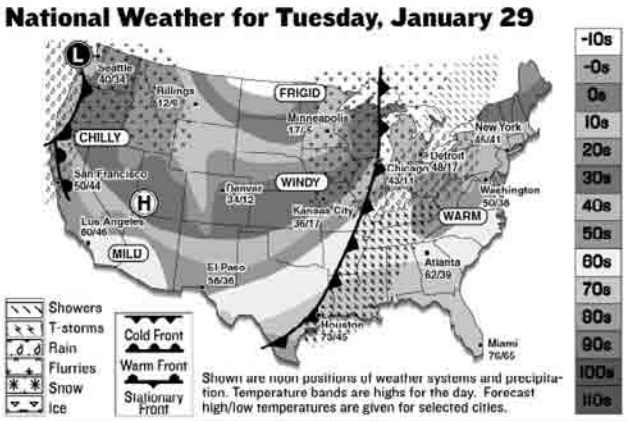
D.C. Metro: Today, mostly cloudy. High 50. Wind south-southwest 6-12 mph. Tonight, cloudy, periods of rain. Low 38. Wind southwest 10-20 mph.

Sun and Moon

Sunrise today	7:18 a.m.
Sunset tonight	5:25 p.m.
Moonrise today	12:03 a.m.
Moonset today	10:34 a.m.

Last	New	First	Full
Jan 30	Feb 6	Feb 13	Feb 20

National Weather for Tuesday, January 29



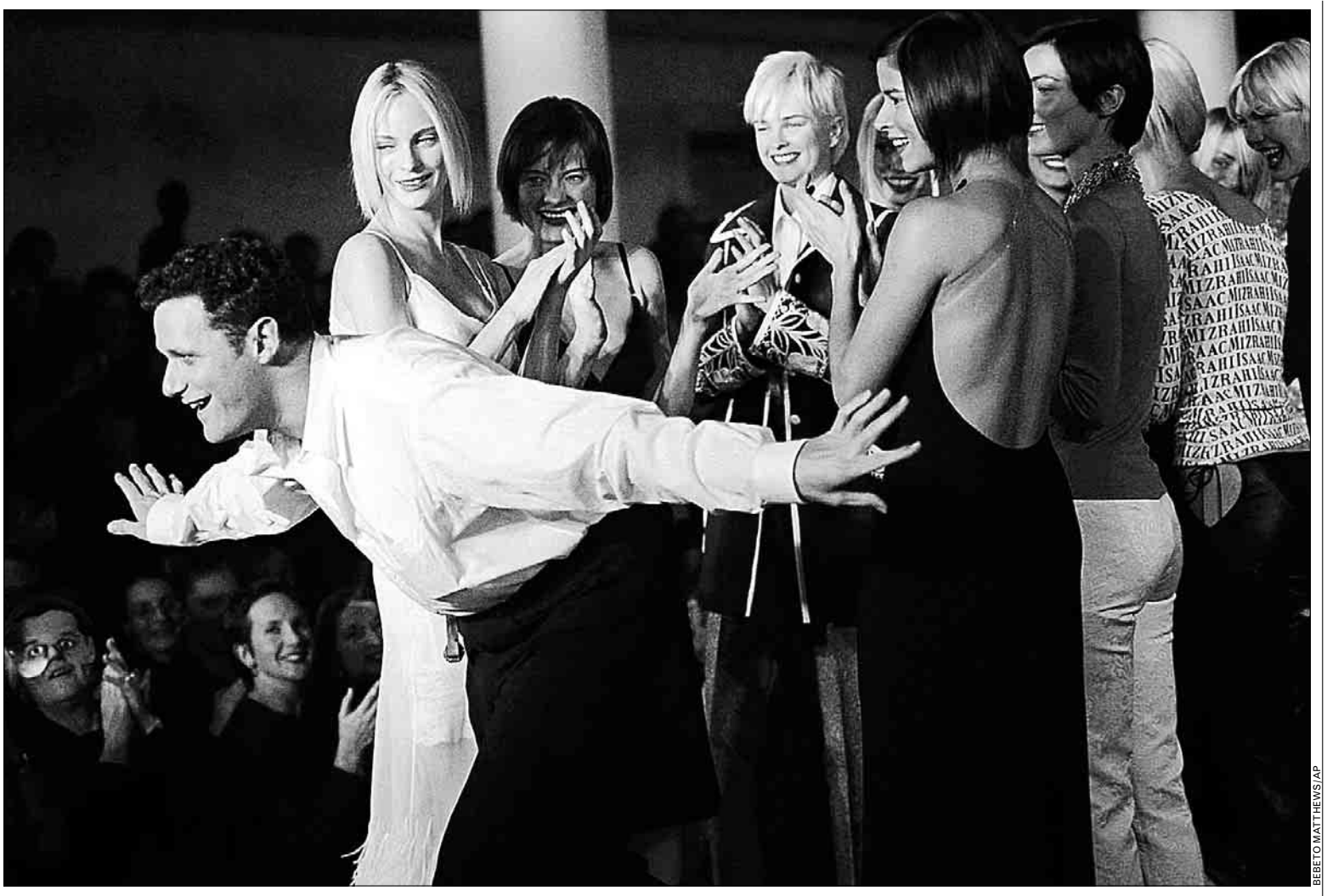
National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	62/39/pc	54/33/s
Boston	43/35/pc	44/25/r
Chicago	43/11/r	20/17/pc
Dallas	64/32/c	61/43/s
Denver	34/12/pc	34/8/c
Honolulu	77/68/s	79/67/pc
Los Angeles	60/46/pc	60/43/c
Miami	76/65/s	79/65/s
New York City	45/41/pc	45/28/r
Orlando	73/55/s	78/56/pc
Seattle	40/34/r	41/36/c

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	48/43/pc	45/36/r
Athens	46/34/pc	50/37/s
Berlin	48/36/s	45/34/c
Buenos Aires	81/64/t	82/66/pc
Calgary	-13/-23/c	-9/-16/sn
Dublin	46/34/sh	45/43/sh
Geneva	43/34/pc	45/34/c
Moscow	21/12/pc	30/27/sn
Rome	55/43/s	55/36/pc
Sydney	82/70/pc	84/72/s
Tokyo	46/43/r	54/37/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



BEBETO MATTHEWS/AP

MEMORABLE MOMENT: Isaac Mizrahi takes a bow on the runway with his models at the showing of his 1997 spring collection in New York. Now he'll revamp Liz Claiborne.

Tastemakers

Target's golden children, Mizrahi and Oldham, branch out

In the '90s, when Isaac Mizrahi and Todd Oldham were at the top of the fashion game, they were known for their pizzaz and their clothes.

They brought spectacle and excitement to an industry that had seen too much black.

It only went so far; designers can't make a living from applause. Both shuttered their collection businesses before the new millennium.

But they managed to keep their names out there, most prominently with separate partnerships with Target and television gigs. And now they're being asked to bring back the sparkle to two American brands that have seen better days — Liz Claiborne for Mizrahi and Old Navy for Oldham.

Their challenge will be to translate the personalities on which they've built a reputation while working with brands that have mass appeal.

Their work with Target has prepared them well, says Glamour deputy fashion director Sasha Iglehart.

"Designers in the ready-to-wear business come and go, but Isaac and Todd both have good business sense and realized they could lend so much to mass brands," she says.

Mizrahi becomes chief creative director for the Liz Claiborne label, the onetime go-to brand for career women that has recently suffered a steady decline in sales.

Mizrahi's first collection debuts early next year, more than 20 years after his first collection debuted.

> "No one walks down the street and says, 'That's so Isaac Mizrahi."
>
> **JOHN MINCARELLI**, F.I.T. PROFESSOR

"He gets how to create fantastic clothes that have flair and live in your life in many different ways," says Mary Alice Stephenson, a contributing editor to Harper's Bazaar. "Isaac things don't feel like trend items."

For Oldham, the Texas native's new job at Old Navy marks a return to clothing after years of focusing on interior design, including a line for La-Z-Boy and serving as host of Bravo TV's "Top Design."

The fit is probably natural, says John Mincarelli, a professor at the Fashion Institute of Technology.

"Todd Oldham was all about being hip," Mincarelli says. "It was tight jeans, mixing fun stripes with plaid, color, a touch of whimsy — everything was a little cutting-edge."

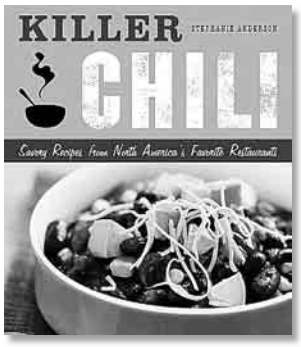
That translates into eye-catching pieces a young customer loves, but not clothes that people want to pay a lot of money for. "Old Navy is the perfect venue for him. Old Navy has the right price point for whimsy."

While Mizrahi and Oldham give the labels renewed style cred, the companies bring an identity the designers lacked before.

"For me, Isaac Mizrahi is a terribly talented designer with very good taste. ... The problem is he's never had an identity. No one walks down the street and says, 'That's so Isaac Mizrahi,'" Mincarelli says.

SAMANTHA CRITCHELL (AP)

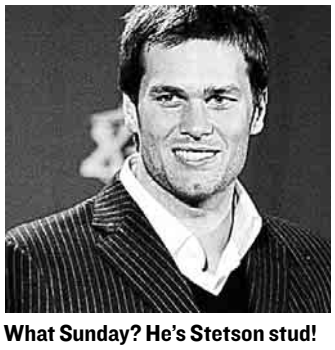
Food



Pigskin Pig-Out Prep

Still looking for culinary inspiration for this weekend's upcoming Super Bowl party? Consider Stephanie Anderson's **KILLER CHILI** ($12, Chronicle) for dozens of varieties of the namesake dish drawn from restaurants throughout the nation and Canada. Examples: the slow-cooked Beef Chili with Chipotles and Cilantro from Clark's Outpost Barbecue Restaurant in Tioga, Texas; and the complex Sedona Chili with bacon, potatoes and carrots from Global Chili Company in Boulder, Colo. J.M. HIRSCH (AP)

Fragrance



What Sunday? He's Stetson stud!

Sweat in a Bottle?

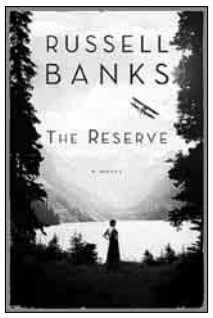
Dirt. Grime. Body odor. Turf. Those are the smells of the Super Bowl, right? Pshah, we say! In an advertising coup de grace, **STETSON COLOGNE** has announced that New England Patriots QB Tom Brady is the latest face of its product. (Head to Stetsoncologne.com to see his mug everywhere on the site; alas, it is not scratch-and-sniff). Honestly, folks, nothing says Super Bowl domination like a whiff of "zesty lemon" and "dewy citrus" ($12) that's sold at CVS. We'll call it the smell of stat success.

KRIS CORONADO (EXPRESS)

Look out Online

readexpress.com

site specifics



BOOKS

Not So Glamorous Life

Russell Banks' new Depression-era drama "The Reserve" is a page-turner from the moment mad beauty Vanessa Cole meets Hemingway-esque anti-hero Jordan Groves. Express contributor Maryrose Flanigan spoke with Banks, who reads at Politics & Prose on Tuesday. | ONLINE NOW

CONDO LIVING

Global Warming Trend

Thanks to globalization, people can now craft condo interiors that you might describe as tradewinds chic — no stint in the Foreign Service required. Express contributor Janet Bennett explores how to bring worldly design into your living room without a passport. | ONLINE NOW

TELEVISION

Do You Speak 'Idol'?

Tonight, "American Idol" heads to Omaha, where the men and women of the heartland will try to warm the icy hearts of Simon, Paula and Randy. Haven't kept up with this year's tryouts? Get recaps of the season thus far at Readexpress.com/idol. | ONLINE NOW

comment board

"This is the funniest question in a long time. Between the plague of NIMBYs, environmentalists and the '[it] looks ugly' police, it will never be built."

COMMENTER MZ, WHO ADDED, "WE SHOULD JUST SAVE MONEY NOW, GIVE UP ON RAIL AND START BUILDING MORE ROADS."

"Metro will eventually make it to Dulles. Of course, just as soon as they do, Metro officials will announce that the entire system needs to be rebuilt."

COMMENTER MILDLYMISANTHROPIC, WHO ADDED, "THERE IS ALWAYS MONEY AVAILABLE TO POORLY MANAGED ENDEAVORS."

"I'm 39, so unless I break the world record for longevity, the answer is a definite no. If that project ever gets done, it will be done by the private sector, not by Metro."

COMMENTER RICK NORTON, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK METRO WILL COMPLETE A RAIL LINE TO DULLES AIRPORT IN YOUR LIFETIME?"

poll center

YESTERDAY'S RESULTS (AS OF 5 P.M.)

DO YOU THINK METRO WILL COMPLETE A RAIL LINE TO DULLES AIRPORT IN YOUR LIFETIME?

51% NO

49% YES

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"Having a Kennedy say that Obama will return us to the '60s: Are you people insane? You're losing most of the moderate voters in America."

AN **AMERICABLOG.COM** COMMENTER REACTS TO SEN. EDWARD KENNEDY'S ENDORSEMENT OF SEN. BARACK OBAMA'S CANDIDACY FOR THE DEMOCRATIC PRESIDENTIAL NOMINATION.

EVAN VUCCI/AP

"A side benefit of going to see the ... Colbert portrait at the National Portrait Gallery is that I finally went to the National Portrait Gallery."

MORETHANTHIS.NET/BLOG WAS LURED TO THE NATIONAL PORTRAIT GALLERY BY THE NEW LIKENESS OF COMEDY CENTRAL'S STEPHEN COLBERT, WHICH HANGS OUTSIDE A BATHROOM.

"THERE IS NO SCRIMPING on the killing. This may be the single bloodiest, goriest film I have ever seen. What's it like? Think about the first five minutes of 'Saving Private Ryan' — are you picturing it?"

RIGHTWINGNEWS.COM OFFERS A REVIEW OF THE NEW "RAMBO" MOVIE.

"CONSERVATIVE AND LIBERAL politics are, at some point, both founded on notions of personal or public accountability, but the Bush administration has evaded accountability for every crime, every injustice, every lie."

FIREDOGLAKE.COM THINKS THAT WITH PRESIDENT BUSH IN CONTROL, THE STATE OF THE UNION IS NOT STRONG.

"WEARING A STRAPLESS vintage Hermes floaty number and clutching Brad's arm all the way down the red carpet, any signs of the pillow-lipped Perfect 10 bod were literally camouflaged."

DEFAMER.COM THINKS THE DRESS ANGELINA JOLIE WORE TO THE SCREEN ACTORS GUILD AWARDS IS CONCEALING THE TWINS JOLIE IS RUMORED TO BE PREGNANT WITH.

Discussions

Dulles Rail Project

Washington Post staff writers **ERIC WEISS** and **LENA H. SUN** were online Monday to discuss the proposed Metrorail extension to Dulles Airport.

I don't understand how the idea of extending Metro to Dulles EVER got off the ground, especially with the limitations of the Orange Line sharing a single track to go under the Potomac. Has Metro ever attempted to address this basic bottleneck that will continue to cause problems with any growth in Northern Virginia?

There has been some discussion in recent years about rerouting some Blue Line trains at the Pentagon station to have them travel over the Yellow Line bridge into downtown D.C. instead of going through the chokepoint that is Rosslyn. Metro has to have enough rail cars to do it.

I was ecstatic to read that the feds are likely going to deny funding for Dulles Rail. Metro is falling apart! The DOT was right to request that it get its act in order before funding this extension. Maybe if Virginia spent more time caring about the substandard conditions those of us on the Orange Line face commuting into and out of D.C. they would have gotten this funding.

That's like the argument that we shouldn't have gone to the moon while there was still hunger on Earth. I don't mean to be flip, but 40 years ago the region decided to invest heavily into Metro, but somehow the system left out the biggest airport and its largest subcity. This was a late, bungled, controversy-filled attempt to fix those oversights. Riders should demand of Catoe and co. that they fix the existing system while building new capacity and lines. That's called management.

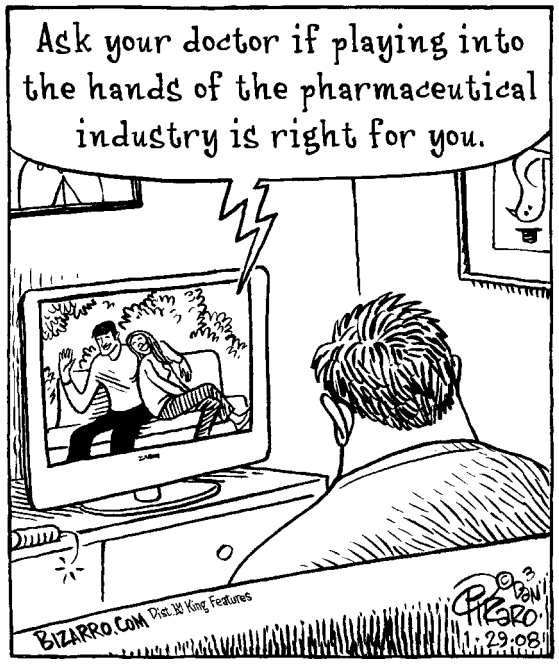
TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | **washingtonpost.com/discussions.**

DO

LOOK FORWARD TO A NEW BIODIESEL PLANT, HAGERSTOWN. Chesapeake Biodiesel hopes to break ground on a biodiesel plant near Hagerstown this summer. The company plans to extract soybean oil and convert it into biodiesel fuel. The by-product would be soymeal, which could be fed to livestock.

Look out

Bizarro | *Dan Piraro*

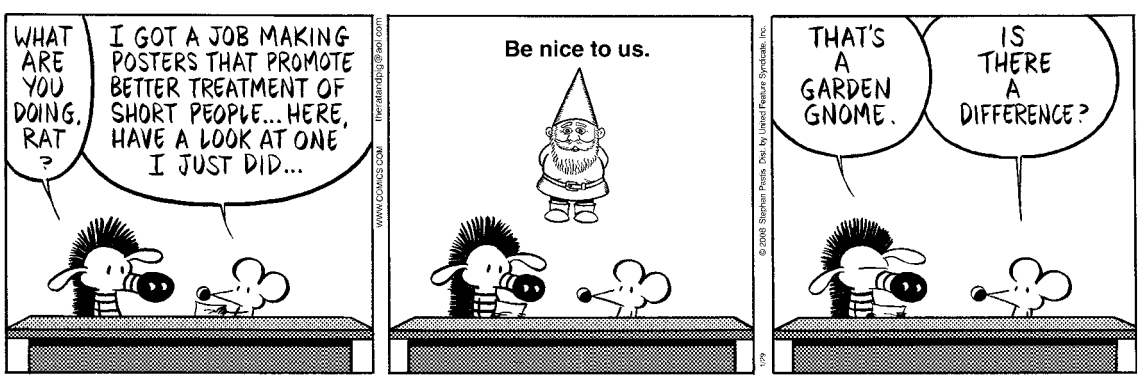


Cornered | *Mike Baldwin*

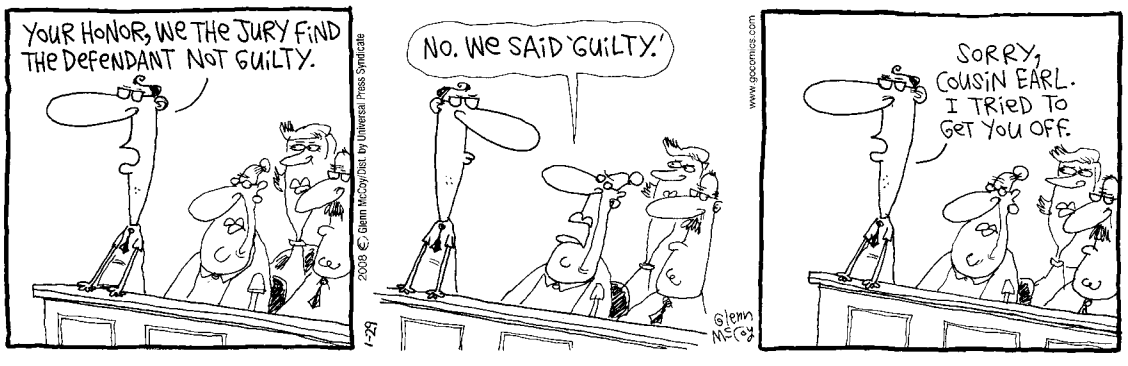
"You're overqualified."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

AQUARIUS (Jan. 20-Feb. 18) Are you really ready and willing to do what you must to see that everything gets done according to your own high expectations? Don't get lazy.

PISCES (Feb. 19-March 20) Take care that you don't ask for too much too soon. Wait your turn; in time, you'll get everything you want or need. Be patient.

ARIES (March 21-April 19) You may fall under the spell of someone who knows how to manipulate in a manner you're not used to — and you must use caution at all times.

TAURUS (April 20-May 20) You may have to go straight to the top in order to get some changes implemented in time to do yourself any good at all.

GEMINI (May 21-June 20) You will want to adopt a more practical, down-to-Earth attitude toward your endeavors. There's no sense in getting carried away.

CANCER (June 21-July 22) Someone with whom you do not always get along will be making certain demands of you at this time. You can come through, feelings notwithstanding.

LEO (July 23-Aug. 22) Take care that you remember everything that is on your busy schedule. Make lists if necessary, but don't miss a single appointment.

VIRGO (Aug. 23-Sept. 22) What began as an advantage is likely to prove a liability before the day is out. It's a good time to cut loose from things that don't work for you.

LIBRA (Sept. 23-Oct. 22) You may be in need of a little more information than is currently available. Be creative, and remember: It never hurts to ask.

SCORPIO (Oct. 23-Nov. 21) You may receive a warning about getting in over your head. The more realistic you can be the better — but don't abandon your dreams.

SAGITTARIUS (Nov. 22-Dec. 21) You'll feel a distinct attraction to a person or an activity — but exploring as freely as possible may actually get you into trouble.

CAPRICORN (Dec. 22-Jan. 19) You're likely to hear the same things over and over again. Some need the constant repetition, but once is quite enough for you.

Letters

Focus on the Capitals

I WANTED TO express my disappointment with Express' sports section. Last Monday, the Washington Capitals won an overtime shoot-out victory against archrival Pittsburgh, and which article is in the following Wednesday's Express? An AP article whining about how the Penguins miss Sidney Crosby! I don't care about Sidney Crosby and the Pens. I want to read about the Caps and Alex Ovechkin! If I wanted to read about the Pens, I'd be reading the Pittsburgh Gazette, not Express.

—JEANNE FRAZIER
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1820 Britain's King George III dies at Windsor Castle, ending a reign that saw both the American and the French revolutions.

1845 Edgar Allan Poe's poem "The Raven" is first published, in the New York Evening Mirror.

1936 The first members of baseball's Hall of Fame, including Ty Cobb and Babe Ruth, are named in Cooperstown, N.Y.

1958 Actors Paul Newman and Joanne Woodward are married in Las Vegas.

PETER KRAMER/GETTY IMAGES

Joanne Woodward and Paul Newman celebrate their 50th anniversary today.

2007 Kentucky Derby winner Barbaro is euthanized because of medical complications eight months after his gruesome breakdown at the Preakness.

PostPoints DAILY CODE DE

Look out | People

TOBY CANHAM/GETTY IMAGES

You can treat her mental issues but perhaps not her accessory neuroses.

NEWS HOLE

Britney Sees a Doctor; Daytime Talk Hosts Rejoice

Barbara Walters says she has been contacted by **BRITNEY SPEARS**' manager and "very good friend" Sam Lutfi, who says the singer has seen a psychiatrist. Lutfi told her Spears "is suffering from what he describes as mental issues which are treatable," Walters said on "The View." "She, I assume, is starting some kind of treatment." (AP)

PUSHY

Princess Sick and Tired Of Being Told How She Felt

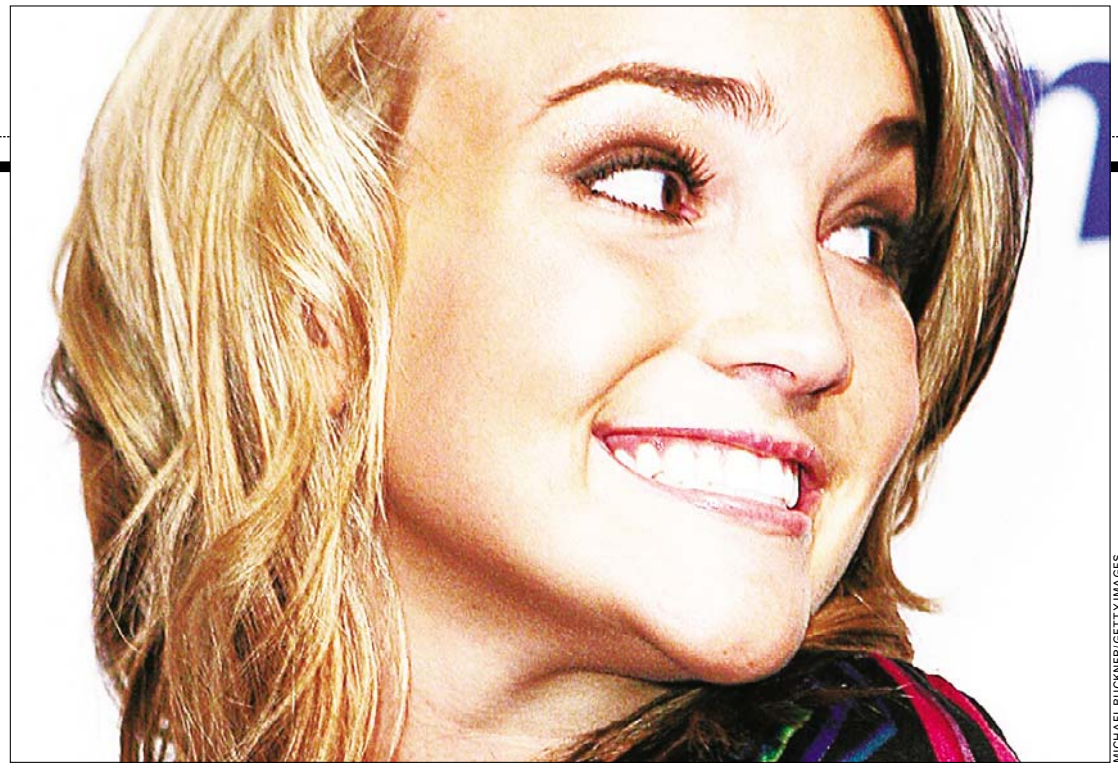
PRINCESS DIANA feared her boyfriend's father was spying on her

as the couple took a Mediterranean cruise, Diana's sister said Monday. The princess believed the yacht she and Dodi Fayed were vacationing aboard had been bugged by Mohammed Al Fayed, her sister Lady Sarah McCorquodale told an inquest. (AP)

PREGGERS

Not on Hiatus ... Quite Yet

JAMIE LYNN SPEARS' TV character is back at her fictional California boarding school, although the pregnant star of "Zoey 101" is continuing to stay out of the limelight. Filming of the fourth season, which was planned to be its last, was completed last summer. (AP)



MICHAEL BUCKNER/GETTY IMAGES

HEATH

Mary-Kate Olsen Will Not Be Questioned by Police

New York Police Commissioner Ray Kelly says **MARY-KATE OLSEN** will not be questioned by detectives about Heath Ledger's death. "There's absolutely no indication investigators were going to speak to Mary-Kate Olsen," Kelly said. "They determined that they had all the info needed from witnesses who were on scene: That's the cleaning woman, the masseuse." Police have said Wolozin made three calls to Olsen before dialing 911 for help, then phoned the 21-year-old actress a fourth time after paramedics arrived. At some point during the calls, Olsen, who was in California, summoned her personal security guards to the apartment to help. (AP)

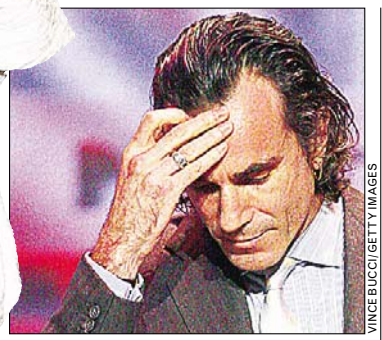
AMY SUSSMAN/GETTY IMAGES

MAN WE'RE BORED

Vampire Pomeranian In 'Blade 3' Totally Ruled

The defense in the tax fraud and conspiracy trial of **WESLEY SNIPES** rested Monday. Snipes and two others were named in an eight-count indictment. Snipes and the co-defendants allegedly stopped filing his federal tax returns in 2000, demand-

ed about $11 million in refunds on taxes previously paid and tried to settle other U.S. Treasury debts with fake checks. The trial, which had been expected to last a month, opened Jan. 14. The prosecution rested Friday. (AP)



VINCE BUCCI/GETTY IMAGES

"I just had a very strong feeling I would have liked him very much as a man."

HEATH

Daniel Day-Lewis Dedicates SAG Award to Heath Ledger

DANIEL DAY-LEWIS dedicated his Screen Actors Guild Award to Heath Ledger Sunday. Day-Lewis' acceptance speech echoed comments he made last week about Ledger on "The Oprah Winfrey Show." "In 'Brokeback Mountain' he was unique, he was perfect," said Day-Lewis, though he never actually met Ledger. (AP)

Stop aerial wolf hunting in Alaska.

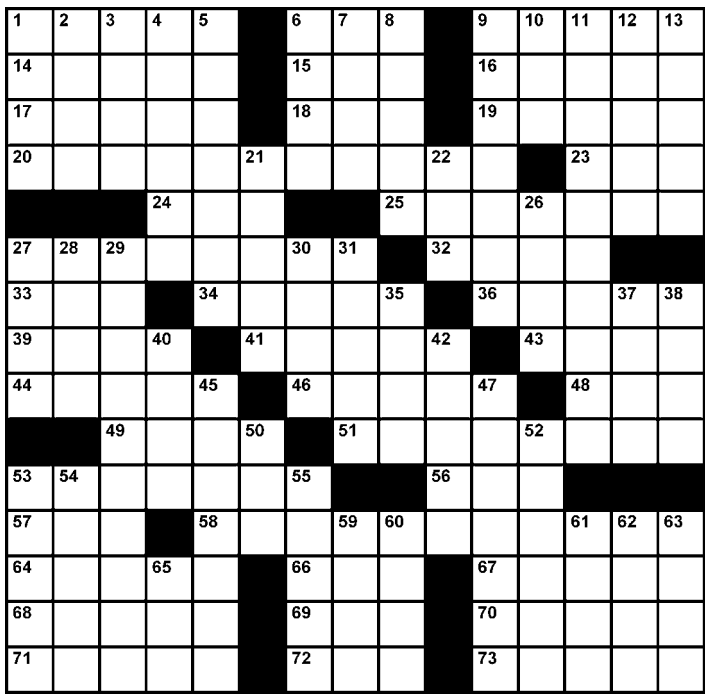
Support the PAW Act (HR 3663) www.defenders.org/aerial_hunting

DEFENDERS OF WILDLIFE

LOOK out

CROSSWORD | WITH CERTAINTY

EDITED BY TIMOTHY E. PARKER



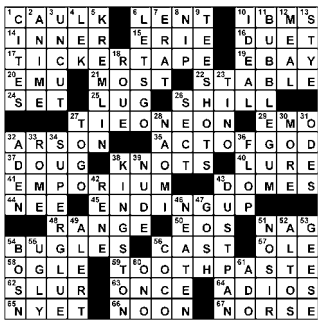
ACROSS

1 Emergency worker, informally
6 Misjudge
9 Maps of a kind
14 Tomato trouble
15 Noted court name
16 Well-balanced person?
17 Some tides
18 Place to pamper oneself
19 Test for content
20 "Certainly"
23 Gray piece
24 Erie mule
25 Type of radar
27 Like some tires
32 Steady
33 Some win at this cost
34 Brief conflict
36 Liquid dynamite
39 Get a point across?
41 Miniseries start
43 Downtown sign
44 Things for one to do?
46 Cunning
48 Fond du ___, Wisconsin
49 Leopold's co-conspirator
51 Trapper John's last name
53 Aussie marsupials
56 Santa ___, Calif.
57 What a game may break
58 "Certainly"
64 ___ apso
66 Newsworthy period of history
67 Babbling waterway
68 Cousins of ospreys
69 Gore and Green
70 "Filthy" dough
71 This puzzle's theme
72 Rendezvoused
73 Curvy turns

DOWN

1 Course listings
2 Adam's garden
3 Kind of duck or letter
4 Levy
5 Informal clothing
6 Prefix for "while"
7 It might be skipped
8 Double-check the check, e.g.
9 Tot spot
10 Fleur-de-___
11 "Certainly"
12 Line of work
13 "When I Need You" singer Leo
21 Expletive coverer
22 Shot with a high arc
26 Grimace inducer
27 Soviet news agcy.
28 "Lamp ___ My Feet"
29 "Certainly"
30 Prenuptial party
31 Play, as a guitar
35 Connected to the ear
37 Pride sound
38 "Going ___, going ..."
40 Palindromic ninny
42 Referring to hip bones
45 Saltwater swimmer
47 Bring dignity to
50 AC output unit
52 1980s Ford debut
53 Aviator Post
54 Pigment source (Var.)
55 Something to let off
59 Shield border
60 Like some inaccurate watches
61 "Arabian Nights" creatures
62 Tender to the touch
63 Makes do (with "out")
65 "What did I tell you?"

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

5	3	4	7	8	2	9	1	6
6	1	9	3	5	4	8	2	7
2	8	7	6	9	1	3	4	5
1	5	8	2	7	9	6	3	4
7	9	3	4	6	5	2	8	1
4	6	2	8	1	3	7	5	9
9	7	1	5	2	8	4	6	3
3	2	5	9	4	6	1	7	8
8	4	6	1	3	7	5	9	2

		5	1		2	4		
6			7	3	5			9
8		4				9		1
	7			1			6	
1		6				5		8
3			4	7	6			2
		7	9		8	1		

express

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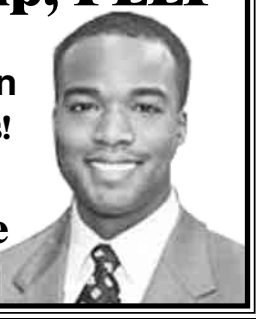
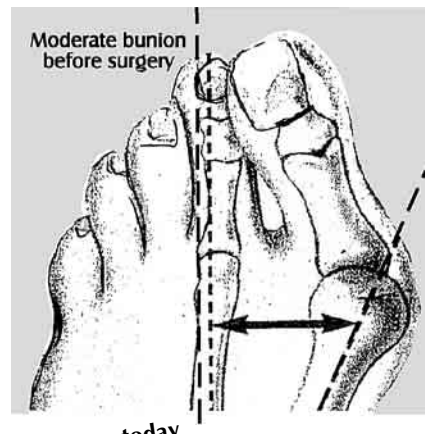


BOTHERED by BUNIONS?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gotlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



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delivered by

Julie L. Gerberding, MD, MPH
Director, Centers for Diesease Control and Prevention

"Global Disease Control and Prevention: Health Priorities in the 21st Century"

at the

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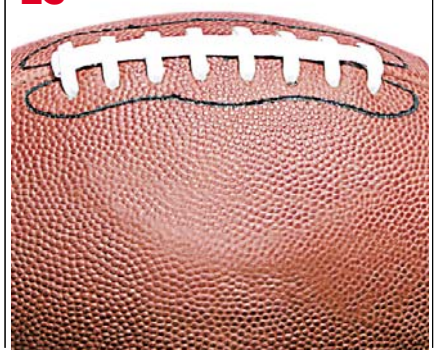
Avoid that cracked and dry Abominable Snowman look E10

Super Bowlers aren't the only ones who have a need for speed E5



Red meat helps Fergie stick to her ideal size E7

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POWDER PLAY

PREPARE FOR AN AVALANCHE OF ADVENTURE WHEN YOU SLIP ON A PAIR OF SNOWSHOES E4

GETTY IMAGES

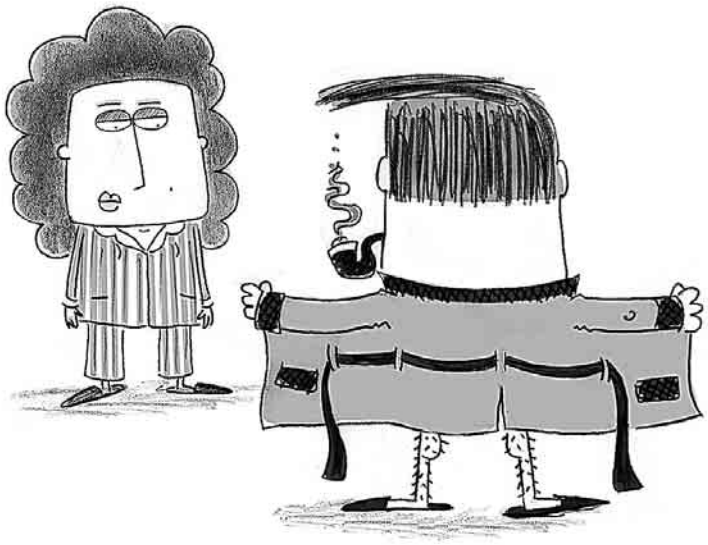
BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

My Head Is Permanently Set on 'Ache'

Q I'm 30 years old and have been married to a wonderful, handsome man for almost five years. But a year ago, I lost all interest in sex. Part of it is exhaustion (demanding jobs, chores, etc.). Part of it is that all touching leads to attempted sex. Part of it is that I don't want kids yet. And a big part of it is that the desire is just gone. We've talked about it, but nothing changes. And then I resent him for knowing all this but not changing, which makes me want to have sex with him less. Is this just what happens after marriage?

— GOT A HEADACHE



ERIC REECE

If this was inevitable after marriage, then normal Americans would get divorced as often as celebrities!

I would first recommend a thorough physical to rule out hormonal issues. But you've pinpointed some psychological ones, each with their own plan of attack. The exhaustion can be overcome by making your sex life more of a priority: choosing not to bog yourself so far down that your job — or the Swiffer — wins. Agreeing that you will spend a few weeks just touching — no sex allowed — can help you both relearn what makes you tick. The fear of pregnancy can be assuaged by a more thorough birth control plan.

Above all, though, a breakdown in physical intimacy is very often entangled with cracks in emotional intimacy, and resentment is an emotion that can fester like an nonlanced boil. Taking it one day at a time with the goals of increased communication, less-pressured and more-romantic touching, and all-around stress management would be a great strategy, with which a good counselor — who may specialize in sexual issues — could truly help.

No Room for Me in the Bed

Q My girlfriend is a single mother. The problem is that her son is approaching 12 years old and is still sleeping in bed with her. I foresee puberty coming up and him seeing her in an inappropriate way and, subsequently, getting ideas (innocent but imminent). I tell her this, and she says she knows but does nothing about it, and being that her ex-husband agrees (according to her), there is really nothing I can do about it. Is there? — CURIOUS GEORGE

Since all I can give you are my thoughts, rather than a crowbar to pry him out of her bed, I'll be direct. To sleep with a parent of the opposite sex while on the cusp of adolescence is asking for complications in the development of boundaries, privacy and, you guessed it, sexuality.

Co-sleeping with babies and younger children is a practice that plenty of families — and entire cultures — find to be beneficial all around. But many parents sleep with their children for longer than is necessarily a good idea. They blame it on the transition being hard on the kids, rather than — much more likely — they're having the hardest time of all giving up the arrangement.

Your girlfriend might have kept this habit out of loneliness, vulnerability or fear of his growing up and "abandoning" her, which is heavy stuff. And if she truly sees the light and wants to change, she'd benefit from some emotional support and a clear game plan, which a counselor would be perfect for.

If she still shows no signs of motivation to move forward, this brings up bigger questions of what your role is in the relationship and whether you could be with someone who parents in a way you don't approve of.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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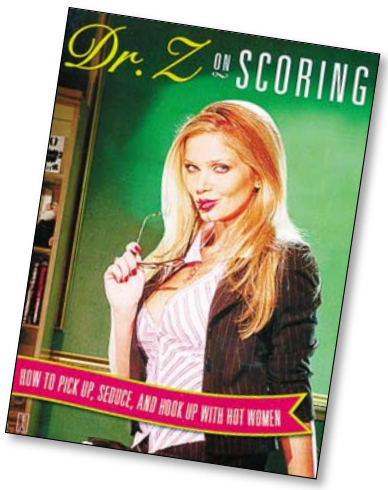

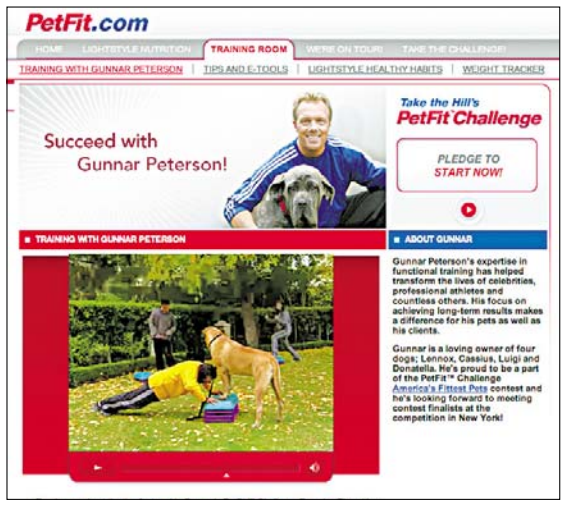

LOW BUT DOWN

Steamed skim milk and sugar-free syrup (and foam, not whipped cream) add up to the 90 calories in a small Starbucks Skinny Latte. Says the big 'Buck, a daily Skinny Mocha would save you 30 grams of fat per week over a regular no-whip mocha. Sadly, it tastes like sludgy Carnation Instant Breakfast.

SCRATCH TICKET

A helping of oatmeal isn't just the ultimate winter breakfast; it's also a good start for showers this season. The soothing grain is a major ingredient in Aveeno's new Eczema Care moisturizing cream and body wash ($10 each, drugstores). But you won't smell like cereal.

HOOK-UP HELP

"If even thinking of approaching a hot woman makes you break out in a cold sweat, you need to practice some cognitive restructuring," explains Victoria Zdrok in "Dr. Z on Scoring" ($15), the pinup/psychologist's guide for dudes hoping to date babes that look like her.

WAG IT OUT

Your pudgy pooch could use some exercise, and, heck, so could you. Time to turn to Petfit.com, a new site that features a video detailing ways to slim down on either side of a leash. One fave: fetch abs. Throw while lying down and see how many times you can crunch before Rover returns.

GUINEA PIG

Frozen and Fruity

■ Stick-figure types often share this as their slender secret: "I need only one bite of a dessert, and then I'm satisfied." To that, we say, "Yeah, right."

The sweet teeth the rest of us have are constantly clamoring for all the sugar they can get, which puts a damper on diet plans. Thus, Weight Watchers drafted celeb chef Devin Alexander to help develop the Fruit Inspirations line of Smart Ones — frozen entrees ($3, grocery stores) that provide protein and veggies, but also come doused with enough fruit to make you forget about the existence of candy bars.

Like their frozen food aisle kin, the boxes of orange sesame chicken, pineapple beef teriyaki, honey mango barbecue chicken and cranberry turkey medallions boast mouth-watering photos that don't resemble the real product. But they taste just fine, as long as you don't mind getting sugar-buzzed. The most remarkable feat is that although there are actual chunks of fruit in the entrees (you can see them!), they weirdly taste synthetic. "Like someone had poured Sunkist on my food," described one tester. But sometimes, when soda is off-limits, that's not such a bad thing.

VICKY HALLETT (EXPRESS)

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THE MISFITS

Muted Moves

Q Since it's gotten colder, I'd like to exercise indoors, but I'm on the second floor of an apartment building and I can't go thumping and bumping around without my downstairs neighbors' getting annoyed. Between money and time constraints, a gym is out. Any suggestions for how I can get moving without freezing or noise violations? — BARB

■ Getting busted by the cops for aerobicizing too vigorously would make you my hero. But to keep your record clean, let's skip the jumping jacks. Even with your feet firmly planted on the floor, you can still work every muscle in your body, including the heart, promises Mike Everts, founder of the FIT Personal Training Gymnasium in Dupont Circle.

When one of his clients faced a similar predicament, Everts devised an exhausting abs circuit, and there was never a peep of complaint. Like the Santa of fitness, Everts hauls a bunch of toys with him that you might find useful. In addition to such standards as resistance bands and stability balls, his new favorite is a suspension system that hooks into a door jamb, allowing users to leverage their body weight to engage several muscle groups simultaneously. But there's only one gizmo you really need: a mat. With that, you can get away with stuff like lunges.

Then, find moves you can string together without stopping. "You can do resistance training to get your heart rate up," Everts explains. Start with the squat and reach, which is what it sounds like: Squat, then straighten up and reach your arms to the ceiling. Then arm-chop, by clasping your hands together, reaching toward one shoulder and then powerfully coming down to the opposite hip. Or if you have dumbbells, do lateral arm extensions. "You bring your arms up like a snow angel," Everts explains. Just be sure to put down any weights gently, or you're asking for trouble.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

GETTY IMAGES

There's Snow Way Out

White stuff can make a hike more glorious, better for your health

Probably the closest anyone has gotten to snowshoeing inside the Beltway this winter was at the College Park REI two weeks ago. The conditions were good, if somewhat unusual; instead of fluffy powder on a mountain, there were a few inches of styrofoam pellets in a large cardboard box.

But Sara Mintz, 40, who was there for an intro to the sport, fell head over heels — while, happily, staying on her feet. "This is awesome and not intimidating at all," she raved. It's even better on real snow, instructor Joe Delph assured her. "The neatest thing is that you almost float," he said. And as ways of getting around in the winter go, that's certainly more graceful than trudging in boots and easier to master than sliding on skis.

While the D.C. area gets only one or two storms per year that create enough of a blanket for folks to use snowshoes, in other places, it's all the rage to strap on a pair to brave the elements. "Before, it was just a mode of transportation for hunters and trappers. Nowadays, it's everyone's activity," notes Ryan Alford, editor of the Denver-based Snowshoe Magazine (Snowshoemag.com), who likes to point out that it's the world's fastest-growing winter sport.

There's lots to love about it, starting with the swift learning curve. "You can go from novice to expert in a day and get maximum enjoyment without a lot of fumbling around," promises Delph. That's because snowshoeing is basically walking, and once you get a feel for the bulk of the shoes and the fact that you're sliding around a bit, you're a pro. Just make sure not to step on one shoe with the other. "That's a good way to fall over," Delph says. Still feeling off balance? Add trekking poles.

The movement may be familiar, but what's not is the intensity. According to Mary Jo Tarallo, director of education for Snow Sports Industries America, people can easily burn 500 calories per hour hitting the slopes in snowshoes. "You have to pick your feet up high. That's a leg burner. And even though the shoes are light, there's extra weight on your feet," she explains. Alford, too, gushes about the health benefits of the sport, crediting it for slimming him down. "It takes a lot of energy. You're constantly working, especially in deep snow," he says.

But on a gorgeous trail in the wilderness, snowshoers can easily forget about how high their heart rates are soaring. "Everything is silent, still and virgin-quiet and white draped. It's so relaxing," says Chip Chase, owner of Whitegrass (Whitegrass.com), a ski resort in West Virginia's Canaan Valley with 50 km of trails. "You get to view the outdoors better than skiers. You're not whizzing by — you can do it at your own pace."

Nordic centers like Whitegrass (about a three-hour drive from D.C.) are ideal places to sample snowshoeing for the first time. They have tons of shoes in lots of styles to rent ("It's a big improvement from the days of wood and rawhide," Chase says), groomed trails, maps and other people to snowshoe with you. Whitegrass, for example, offers several free snowshoe hikes throughout the season to introduce visitors to local wildlife. And last weekend, it held a snowshoe 5k walk/run — Alford guarantees that no matter how high your fitness level, running in snowshoes will get you huffing fast.

Once people develop their snow legs, they can venture anywhere. "It's rare to have to pay for a day of snowshoeing," says Alford, who favors state parks for his trips. Locally, the options are endless, from Rock Creek Park to the C&O Canal to the Appalachian Trail to even Massachusetts Avenue. It's only snowshoers, after all, who really appreciate it when city plows take a long time to clear the streets.

VICKY HALLETT (EXPRESS)

GET SHOE FLYING

→ That box of Styrofoam may reappear at REI's next free snowshoeing 101 clinic. It's Feb. 13 at 7 p.m. at the Rockville location (1701 Rockville Pike, 301-230-7670, no registration is required). If you're less talk, more action — and there are at least 3 inches of snow on the ground in D.C. — you can just rent a pair from the College Park location (9801 Rhode Island Ave., 301-982-9681) and figure it out on your own. They're $12 for the first day, and $6 for subsequent days. For more of a sure thing, head to Whitegrass on Feb. 17 at 1 p.m. for the next complimentary "Carefree Snowshoe Tour." Rentals on-site are $12.

Break the Speed Limit

Get up to Super Bowl speed with moves cribbed from the Patriots

Recognize any of these names? Peyton Manning, Tom Brady, Michael Vick, Darren Sharper, Shawn Barber, Ricky Williams, Warrick Dunn, Deion Sanders. Over the years, strength and conditioning coach Tom Shaw has worked with all these guys, plus hundreds of other elite athletes.

"I can make anyone run faster," he says. "If you train properly, get rid of wasted movement, and work on explosiveness, you can increase your speed regardless of age or genetics."

Shaw, who works with the Patriots at their training camp in Foxborough, Mass., promises new players he can train them to cover 40 yards at least 0.1 second faster than they ever have before. In the NFL, that's equivalent to 3 yards, which can make the difference between success and failure in breaking (or making) tackles. If Shaw can significantly improve the performance of already finely honed athletes, imagine what he can do for a dull blade like you.

An NFL wide receiver in full sprint has a ground-contact time of just 0.1 second per stride. Likewise, an offensive lineman has only 0.25 second to create the momentum for a drive block, and a linebacker just 0.2 second to extend his legs to execute a tackle. Shaw knows; he's done the measurements. All that power, all that speed, summoned in a fraction of a second. Unlike in the weight room, where muscles have plenty of time to contract and extend, on the playing field, they must operate with hair triggers. Here are some drills designed to develop these characteristics.

STEPHAN SEVOIA/AP

BLUR OF BRADY: Shaw's drills have helped Patriots quarterback Tom Brady's speed.

GROUND STARTS

Lie facedown. On a starter's command, jump to your feet and sprint all-out for 10 yards. Walk back and repeat three to five times. "This drill teaches you to stay low and forward and get good thrust," says Shaw.

BALL-DROP STARTS

Have a buddy hold a tennis ball in each hand and stand 5 to 10 yards away from you. Assume a down stance, then sprint to whichever ball is dropped, trying to catch it before it hits the ground a second time. Repeat five to eight times.

DOUBLE-LEG VERTICAL JUMPS

From a standing, one-quarter-squat position, jump forward, bringing both knees toward your chest and keeping your feet together. Repeat continuously for 20 to 30 yards.

DEPTH JUMPS

Step off a 20- to 28-inch-high box or stair, then jump up from both legs as high as possible. Repeat five to eight times.

DUMBBELL JUMPS

Hold a light dumbbell (no more than 20 pounds) in each hand. Squat until your thighs are parallel to the ground, then jump as high as possible. Repeat five times. Put down the dumbbells and jump five more times. JOE KITA (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

WEEKEND WARRIOR

Tackle a Problem, Not Athletes

■ What's the exact opposite of sitting on a couch, stuffing your face with pizza and cheering as large men smash into each other? Why, it's participating in World Yoga Day, which happens to fall on this Super Bowl Sunday. The idea is that by globally organizing a yogathon, practitioners can raise awareness (and some funds) for a critical cause — this year, it's Amnesty International's campaign for human rights in China. So, while most of America is gawking at multimillion-dollar commercials for beer, you can touch down on a mat instead.

D.C. yogis especially like stretching for good, so several local studios are participating. **GEORGETOWN YOGA** (1053 31st St. NW; 202-342-7779; Georgetownyoga.com) has a two-hour Ashtanga session scheduled for 11 a.m. Keep it going at 2 p.m. at **YOGA DISTRICT** (1635 Connecticut Ave. NW; 202-265-9642; Yogadistrict.com) for an Iyengar workshop studying sun salutations. Then skip kickoff completely by heading to **FLOW YOGA** (1450 P St. NW; 202-462-3569; Flowyogacenter.com) to enjoy an extended Jivamukti class with chanting, meditation and scripture. For more area happenings, see Worldyogaday.net. VICKY HALLETT (EXPRESS)

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The Center for Cancer and Blood Disorders in Bethesda is looking for individuals with advanced non-squamous, non-small cell lung cancer (NSCLC) for a clinical research study. This study will evaluate an investigational "targeted" therapy given along with chemotherapy to see if it can be used to control the growth of NSCLC tumors.

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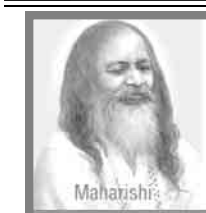

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CHEW ON THIS

Just Checking In

■ It's a few weeks into the New Year and time to ask yourself something: Am I sticking to my resolutions to get healthy in 2008? Here are some common diet downfalls that are easily transformed into healthy habits.

Swap your morning bagel with cream cheese for a whole-wheat English muffin with peanut butter. You'll shave 200 calories from your breakfast while benefiting from 6 grams of fiber and some vitamin E, protein and folate.

For a sweet treat, trade one cup of cookies-and-cream ice cream for one cup of low-fat vanilla ice cream. Cut calories in half (220 calories versus 540) and reduce fat by 30 grams.

Instead of a 6-ounce sirloin steak, try a 6-ounce serving of tuna. Again, you'll cut calories in half (488 in the steak versus 236 in the tuna), and you'll reap additional health benefits from the tuna — the American Heart Association recommends two servings of fish per week for optimal heart health.

Use flavorful mustard as a sandwich spread instead of mayo, ranch or other calorie-packed dressings. Mustard is fat-free and super-low in calories. Try other fat-free condiments such as salsa or horseradish to spice up your sandwich.

Finally, get rid of calorie- and sugar-laden drinks that can sap energy and add unwanted pounds (soda, fruit drinks and sweet tea, to name a few). Replace them with seltzer water, skim milk or regular water with just a splash of 100 percent fruit juice.

@ Kristen Ciuba, MS, is the nutritionist at Results the Gym, in D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Seek Regal Counsel

Duchess of York reveals her eating secrets and how she stays slim

Q+A

Though Sarah, Duchess of York, was once best known as the feistiest member of Britain's royal family, these days she may be most recognized as the poster girl (and spokeswoman) for Weight Watchers. Still trim and fit more than a decade after joining the popular slim-down organization, the original Fergie penned the intro to the new book "Start Living, Start Losing: Inspirational Stories that Will Motivate You Now" ($23, Wiley), a collection of motivational weight-loss tales. She also contributed her own chapter, in which she fesses up to having an extra glass of wine sometimes — and to simply knowing when to just slowly back away from a table of food. We caught up with her about her triumphs and temptations.

JACK GUY/WEIGHT WATCHERS INTERNATIONAL

You've kept your weight down for years with Weight Watchers. What's your secret?
For me, it's about understanding how you choose food. I used to eat to compensate for my anger or sadness, and Weight Watchers helped me realize that just wasn't right. I went to the meetings, and I had a great leader who helped me through rough bouts.

Do you still need to think about what you're putting in your mouth all the time, or is it all second nature now?
It's second nature now, because I've been with them 11 years. It's about freedom — you can count your points [the program's system, which assigns a numeric value to all foods] and choose your foods, or you can do the core program [which allows you to eat an unlimited amount of a smaller variety of foods].

What's a typical day like for you, food-wise?
I enjoy going out to dinner, and I like Parmesan cheese. So, sometimes I'll have a really good dinner, and sometimes I'll have a really low-points dinner. You can bank your points, so if you have a big day one day, you can have a calm one the next. For lighter foods, I like rocket — you call it arugula — and watercress. And I love a good steak. I think red meat is really important. The good news is you can eat everything, just in smaller portions.

Which foods tempt you to cheat?
Egg salad on white bread or a baguette with cheese. I'm more of a savory person.

How much of a role has exercise played for you?
I think exercise is crucial. I like to run a lot, mostly keeping my heartbeat at around 140 when I'm out — I think that part is important.

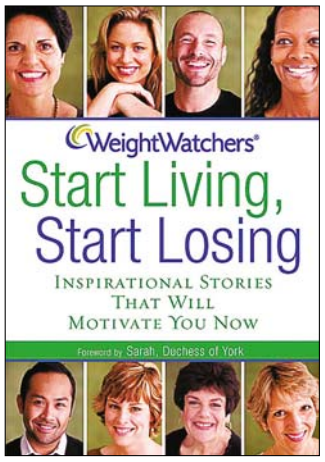
Do you do any other physical activities?
I do Pilates, weight training, yoga and walking — all those things. It's not just about going to the gym. A friend of mine once said, "Wherever there's a staircase, run up it."

This book contains the success stories of many people, including your story. How can reading them help people trim down?
I think it's lovely to read what other people have been through. If you read about someone who has lost 300 pounds and gone through demons in a book, it'll make you feel better and feel that you can do it, too.

I like that there are stories from both guys and girls. Do you think guys need different motivation to lose weight?
I think nowadays men and women are quite similar, so no. It's very much a similar process. There's one man in the book, Rolando, who lost 162 pounds!

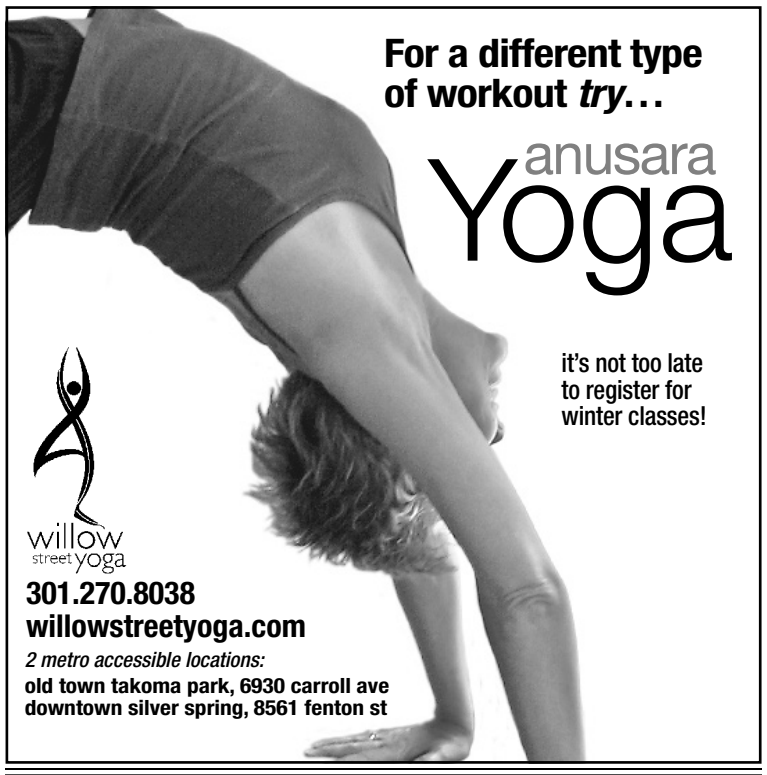
So, in a nutshell, what's your secret to staying so skinny and hot?
The keys to the whole thing are keeping your exercise going, portion control and keeping your water intake up. And I do think that Weight Watchers is a great place for people to learn to do those things. They can talk to other people who are going through the same thing.

JENNIFER BARGER (EXPRESS)



A SLIM READ

➜ A Georgia woman who dropped nearly 80 lbs., partially motivated by the desire to wear cute clothes. A Broadway star whose secret weight-loss weapon was going to a gym near his daughter's school. Actress Jenny McCarthy, who got her pre-baby bod back with a little help from her mom and sister. First-person tales of Weight Watchers members fill "Start Living, Start Losing: Inspirational Stories That Will Motivate You Now" ($23, Wiley). The short chapters read a little like "Chicken Soup for the Dieting Soul." Think tales of how WW clubbers resisted cupcakes or started walking to get skinnier. Each of the 70 writers gives a take-away tip ("Don't match your companions bite for bite," "Budget for splurges") and there are sections for journaling about your own weight-loss efforts. While it might be hard for those not on Weight Watchers to appreciate some of the lingo, overall, the book seems likely to motivate the many who want to lose a little or a lot. J.B.



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fit | Nutrition

LARRY CROWE/AP

JUST LIKE MOM MADE: Chicken soup is the preferred flu food in Cuba, too. Except instead of the noodle kind, it's sopa de ajo.

Cook Up a Cold Cure

Try to make the sneezes stop with omelettes, sake, kimchi and tea

Feeling achy and feverish? Have a bowl of Mom's tom yum soup. Or maybe some warm milk with melted lamb fat. Chicken soup may be the all-American cold and flu panacea, but around the world, people turn to all manner of culinary curatives for the chills and sniffles.

Asian cultures, for example, long have used ginger to treat upper respiratory infections. Ginger's spicy, warming properties are considered helpful in fortifying the body against the discomfort of the flu. Raghavan Iyer, author of the forthcoming "660 Curries," remembers that as a child in southern India, his mother always made him a creamy and comforting spicy rice and lentil porridge when he was ill. Iyer says the dish appealed to his mother because when stir-fried in clarified butter, the peppercorns and ginger gave off a heady aroma that would clear your sinuses and warm your throat.

In Cuba, sopa de ajo, a garlicky soup of tomatoes and chicken broth is considered home-cooked medicine. And in Japan, cold sufferers imbibe a sort of rice wine eggnog made by whisking honey and a beaten egg into piping-hot sake.

The science behind many of these remedies isn't established, but that isn't necessarily a reason not to try them. "The majority of these remedies are unlikely to receive the kind of scientific scrutiny that would test their effectiveness, but they typically have strong familial or cultural associations, and people believe they work," says Jeanne Goldberg, a professor at the Friedman School of Nutrition at Tufts University. "So, as long as they do no harm, these comfort foods can't be beat."

Research has shown many of the ingredients used in these dishes — such as garlic, chilies and vitamin-rich produce — are healthy. And studies have shown chicken soup really can make you feel better.

So, here's a sampling of home-cooked folk remedies from around the world.

- **CHINA:** A head-clearing soup is made by steeping crushed fresh ginger with a small amount of sugar in boiling water for 30 minutes. It is recommended to drink this infusion several times per day.
- **IRAN:** Kateh is a simple and comforting dish made by cooking rice with butter and salt.
- **KOREA:** Green tea with lemon is popular, as is the ubiquitous Korean condiment kimchi (a pickled vegetable dish).
- **MEXICO:** A potent tea is made with honey, lemon and plenty of cinnamon. Other popular options include an infusion of garlic, lemon and honey.
- **MOROCCO:** In this North African nation where there is much influence from European cuisine, a very garlicky omelette, similar to the Spanish frittata, is made with olives and plenty of black pepper.
- **PAKISTAN:** Turmeric is boiled in milk with sugar. It is consumed hot and often taken with a spoonful of ghee (clarified butter).
- **PHILIPPINES:** A chicken soup called tinola made with onion, garlic, fresh ginger, fish sauce, green papaya and chili leaves is believed to have great restorative powers.
- **THAILAND:** Tom yum soup — which is traditionally made with chicken stock, lemon grass, kaffir lime leaves, garlic and hot chilies — is a popular cold remedy.
- **UNITED ARAB EMIRATES:** Sliced hot chili peppers, chopped garlic and onions cooked in olive oil.
- **UZBEKISTAN:** In this former Soviet nation, a cup of hot milk is mixed with a tablespoon of honey and a tablespoon of melted lamb fat or butter.

JIM ROMANOFF (AP)

Nutrition | fit

EATING IN

Mocha Banana Cream Pie

LARRY CROWE/AP

START TO FINISH: 2 HOURS, 25 MINUTES **SERVES:** 8

FOR THE PIE

Three medium bananas, thinly sliced; 9-inch reduced-fat prepared chocolate pie shell; 1/3 cup sugar; 3 tablespoons unsweetened cocoa powder; 1 1/2 tablespoons cornstarch; 2 teaspoons instant espresso or coffee powder; 12-ounce can evaporated low-fat milk; 1 large egg, lightly beaten; 3 tablespoons semisweet chocolate chips; 1 teaspoon vanilla extract

FOR THE TOPPING

2 cups reduced-fat whipped topping; 1 1/2 tablespoons unsweetened cocoa powder; 1 teaspoon instant espresso or coffee powder

TO MAKE THE PIE: Arrange the banana slices over the bottom of the pie shell. Set aside.

In a medium saucepan off the heat, whisk together the sugar, cocoa powder, cornstarch and espresso powder. Whisk in the evaporated milk and egg.

Place the pan over medium-low heat and whisk constantly until the mixture is thickened and steaming, about 6 minutes.

Add chocolate chips and continue whisking until the chips have melted and the mixture comes to a simmer.

Remove the pan from the heat and whisk in vanilla. Pour the filling over the banana slices in the pie shell.

Place a piece of plastic wrap on the surface of the filling (this prevents a skin from forming on the pudding). Refrigerate the pie until the filling is firm, about 2 hours.

ONCE THE PIE IS FIRM, MAKE THE TOPPING: In a medium bowl, whisk together the whipped topping, cocoa and espresso powder. Spoon the topping into a pastry bag fitted with a large star tip and pipe a decorative border around the edge of the pie.

Alternatively, spoon the topping into a large zip-close plastic bag, snip off one corner of the bag, then pipe the topping around the edge of the pie by gently squeezing the bag. (AP)

PER SERVING: 287 calories, 8 g fat (3.5 g saturated), 6 g protein, 49 g carbs, 30 mg cholesterol, 155 mg sodium, 1 g fiber

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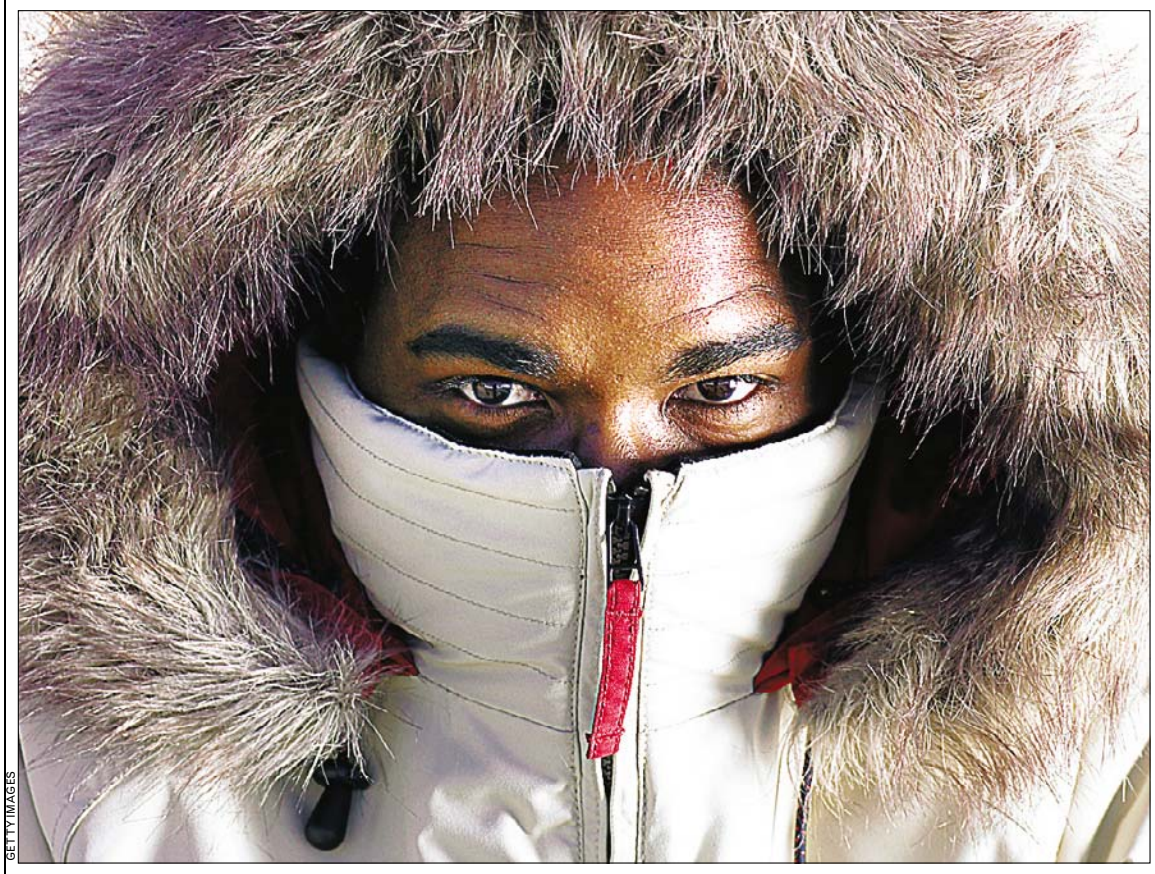


GETTY IMAGES

Smack Winter Back

Even macho men need products to look cool when it's cold outside

DON'T LET THE SEASON leave your skin and hair looking weathered. Winter warriors, here's how you can double up your defenses to prevent withering, cracking and drying out.

YOUR HAIR

Aveda Men Pure-Formance shampoo + Bumble & Bumble grooming creme

A winter-dry scalp can be an itchy one (and an embarrassingly flaky one, too), so lather up with a shampoo that has extracts of seaweed, licorice and plai oil, which contain scalp-soothing properties. Then keep your strands coated with a texture cream to seal in moisture. "It's like adding a deep conditioner into your hair," explains Joe Marchesi of Truman's Gentlemen's Groomers in New York City. (Aveda Men Pure-Formance shampoo, $18, Aveda.com; Bumble and Bumble grooming creme, $24, Bumbleandbumble.com)

YOUR HANDS

Korres Thyme Honey Hand Cream + cuticle eliminator

Your suit may say upper management, but dry cuticles scream junior high, says Marchesi. Keep your hands office-friendly with a daily slathering of a thick hand cream. Then take a few minutes each week to push back the jagged skin around your nails with a cuticle eliminator. (Korres Thyme Honey hand cream, $15, 866-956-7737); Tweezerman Pushy and Nail Cleaner, $16, Tweezerman.com)

YOUR FACE

Derek Jeter Driven daily moisturizer + Sircuit Firming Serum

Winter air is dry air, which can turn your skin into beef jerky. Before applying your face lotion, rub in a serum made with vitamin E or witch hazel. This viscous stuff locks in moisture to help soothe your wind-whipped face, says Fran E. Cook-Bolden, an assistant clinical professor at Columbia University's department of dermatology. (Derek Jeter Driven Skin daily moisturizer, $15, Avon.com; Sircuit Addict, $115, Sircuitskin.com)

YOUR FEET

Aveda Foot Relief + pumice stone

Winter boots may keep your feet warm, but they soak your feet in sweat all day, leading to cracks in your heels. These fissures are ports of entry for fungi and bacteria that lead to infection, says Marc Brenner, president of the Institute of Diabetic Foot Research. Once per week, use a drugstore pumice stone on your heels after a shower, when skin is supple. Then apply some foot moisturizer. (Aveda Foot Relief, $18, Aveda.com)

YOUR LIPS

Borba Lip Kix + soft-bristle toothbrush

She won't want to kiss shredded lips. Lip balm alone won't slough off the dead layers that build up from dry, chapped lips. Deb Svarc, a makeup artist from Korres Natural Products, suggests applying a generous amount of lip moisturizer before bed. Then use a spare toothbrush to gently massage the product into the lips to exfoliate the dead skin. (Borba Cashmere Fiber Lip Kix, $11, Borba.com) (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

GETTY IMAGES

Can't Stress It Enough

Up your output of adrenaline because woo-hoo is good for you

The tip of your snowboard is sliding over the edge of a near-vertical drop. A little voice inside your head starts clamoring, "No freaking way I can do this." Registering a hint of danger, your nervous system zaps commands to the adrenals, two glands that sit on top of the kidneys. They shoot a burst of adrenaline into your bloodstream, and within a split second your pupils dilate, your heart pounds and your palms sweat.

Before you can continue your freak-out, you're halfway down the mountain and shredding better than you ever have. That's the power of adrenaline — it can push your limits, narrow your focus and enhance performance like some kind of wonder drug. And research shows that's not all it does. Intense exercise releases stress hormones, including adrenaline, and the resulting buzz can buffer you from future stress in other domains.

Use Stress to Fight Stress

All stress isn't necessarily bad for you. As with food, sex and shoes, it's quality, not quantity, that plays a major role in whether stress helps or hurts. Beneficial stress comes in the form of an acute, stimulating surge, like when your kayak rounds a bend and you suddenly catch sight of seriously churning rapids. Adrenaline created by an abrupt blast of stress sends a flood of oxygen-rich red blood cells through your body, boosts your immune system and signals your brain to start releasing painkilling endorphins.

Bad stress, on the other hand, is intense and drags on. That kind of constant grind can cause your adrenal glands to leak a slow, steady stream of another stress hormone: cortisol. Unlike adrenaline, which tends to hit your system in a flash and then dissipate, cortisol often wears out its welcome by hanging around in your bloodstream, driving up your blood pressure, suppressing your immune system and making you more susceptible to a slew of stress-related woes, including colds, irritable bowel syndrome, migraines, heart disease and stroke.

So, how do good stressors battle the bad ones? It's all about the positive power of adrenaline. In addition to all of its performance-enhancing effects, our favorite hormone triggers the release of dopamine and endorphins, two neurotransmitters that make you feel good.

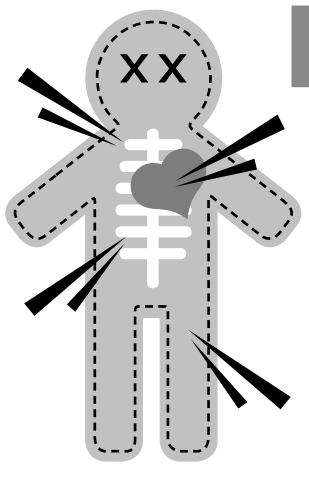
Unleash Your Daredevil

You don't have to BASE-jump off the Empire State Building to reap the stress-busting perks of adrenaline. As long as you're taking a giant step outside your comfort zone, you'll give your body that adrenaline kick.

The key is to push your limits. Workout-wise, it's not enough just to take your Schwinn out for a spin around the park. The track has to be unpredictable and even slightly dangerous (that means riding off-road, hitting the steep downhill trails). You want to feel that surge of adrenaline when you crest a hill and see the path fall away suddenly.

It sounds like an oxymoron, but go for active relaxation. The traditional approaches to winding down (meditation, a round of tequila shots) can certainly take the edge off. But getting your adrenaline pumping is going to require more action than that. Consider weight lifting: Even though it's low impact, if you give it 120 percent and continue working toward improving your bench press, you'll get a jolt of your power hormone.

Still scared of this stuff? Buddy up. Research shows that working out with a pal helps distract you from negative cues and keeps you focused on the fact that what you're doing is insanely fun. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have a dry, hacking cough, drenching sweats, fever and chest pain? Skin lesions or full-on abscesses? Do you live in the Southeast or the Mississippi River valley? You might have **BLASTOMYCOSIS**, an extremely rare illness caused by inhaling spores of the fungus Blastomyces dermatitidis, which lurks in soil. Being around said infected soil is the primary risk factor. The spores enter the body through the lungs and sometimes they stay there, leading to a less-severe ailment. But it can also spread to the skin, bones and gastrourinary tract, wreaking all manner of havoc. Treatment for the latter version means months of antifungal drugs — but going untreated means a slow death.

SOURCE: MERCK MANUAL, NIH, MAYO CLINIC

STETHOSCOPE

SALMONELLA

No More Shell Game

■ Stick with the kitties, kiddies. The CDC's Morbidity and Mortality Weekly Report announced that teeny turtles were responsible for at least 103 Salmonella infections in the U.S. in the second half of last year. Folks (especially young children) can't get enough of the wee reptiles, but maybe that's because they don't know that up to 90 percent of them carry Salmonella, which can thrive on surfaces for weeks and cause such unpleasant symptoms as vomiting and diarrhea. Not so cute anymore, huh? The researchers' advice: Tykes and turtles don't mix.

DIETING

Bulk Up Breakfast

■ That granola bar breakfast might seem slimming, but not if you believe the findings just reported in the American Journal of Epidemiology. Scientists in the U.K. studied the dietary habits of 6,764 men and women between the ages of 40 and 75, and found that the ones who ate more of their calories in the morning managed to gain less weight than people who pushed their larger meals to the end of the day. Stemming middle-age weight gain is going to be tough no matter what, though; everyone packed on some pounds during the course of the study.

INJURIES

Ruck Versus Puck

■ If you're a teenage boy who's all about living on the edge, don't expect us to be impressed that you play rugby. Scientists from the Center for Injury Research and Policy at Nationwide Children's Hospital in Columbus, Ohio, have found that it's no more hazardous to your health than sports like football and wrestling. (In fact, the injury rate is lower than that of ice hockey players.) That said, the majority of injuries came from either being tackled or doing the tackling — duh.

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